

The Relational Center

Coronavirus Disease 2019 (COVID-19)

COVID-19 is spreading rapidly while most of us that catch it will have flu-like symptoms for 2-4 weeks and recover just fine, there is an estimated 3.4% of folks for whom it will be fatal. Additionally, there is a systemic harm resulting from the rapid spread of a disease without a vaccine: Emergency services and hospitals become overrun with testing, quarantine, and treatment of the disease, making it much harder to address all of the other health needs that those institutions typically handle. We all need to do our part to protect our communities by slowing the spread of the disease. This means avoiding crowds (e.g. events, parties, etc.) and travel (especially by plane or cruise ship). Travel is especially dangerous because it helps the virus get to new areas that it might not be in already. Even if you don't have symptoms (the incubation period is up to 2 weeks) and/or never actually get sick, you can still help transport the virus to new areas. Please do your part and follow the guidelines below. Thank you.

- ❖ **Stay home** if you are sick, might be sick, or have been near anyone who is.
- ❖ **Wait 24 hours** after symptoms end before returning to work, school, etc.
- ❖ **Do phone/video sessions** with your therapists, doctors, etc.
- ❖ **Wash your hands** often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- ❖ **Avoid touching** your eyes, nose, and mouth.
- ❖ **Cover your cough** or sneeze with a tissue and then throw it in the trash.
- ❖ **Clean and disinfect** frequently touched objects and surfaces.
- ❖ **Social distancing** can help reduce the opportunities for the virus to spread. Here are some examples:
 - **Avoid crowds**, events, parties, conferences, etc.
 - **Avoid all unnecessary travel**, especially via plane or cruise ship.
 - **Work from home** whenever possible.
 - **Use online or phone conferencing** for meetings whenever possible.
 - **Stay a few feet away** from each other when in the same space.

Los Angeles County Public Health web site:
<http://publichealth.lacounty.gov/media/Coronavirus/>
US Centers for Disease Control and Prevention web site
<https://www.cdc.gov/coronavirus/2019-nCoV/>