What is COVID-19: COVID-19 is a virus that can cause respiratory symptoms similar to seasonal flu, such as fever, cough and shortness of breath. Some people have no symptoms. According to the California Department of Public Health (CDPH), while COVID-19 has a high transmission rate, it has a low mortality rate. Most people who become ill from coronaviruses that circulate in the U.S. recover on their own. Some people, particularly those with underlying health problems, the elderly or those with severe symptoms, may require more intensive medical care.

How to Protect Yourself: The best way to protect yourself and others from any virus, including seasonal flu and coronaviruses, is to use good hygiene and to stay away from those who are sick. We recommend incorporating these steps into your daily routine:

- Wash your hands frequently with soap and water
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze.
- Stay home from work and school if you're sick.
- Clean and disinfect frequently touched objects and surfaces using regular household cleaning spray or wipes.
- If you're sick enough to seek medical care and think you have any respiratory illness, including COVID-19, it's important to call the medical facility before arriving and follow directives to avoid exposing others.

What the Cameron Park Community Services District is doing: At the District, we are concerned about the health of the Cameron Park Community, visitors to the District's facilities and our employees. We have set up prevention methods:

- Notice to employees providing information about the COVID-19 and precautions to take to protect themselves and others.
- Increased cleaning bathrooms, surfaces, door handles and other areas where large groups of people gather to twice daily.
- Sanitizing dispensers in all areas of the Community Center.
- Post notices in high traffic areas to remind people of some of the basics.

More information can be found on the Centers for Disease Control and Prevention website. www.cdc.gov/COVID19

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