The Novel Coronavirus Disease (COVID-19) situation is rapidly evolving, therefore the general public is encouraged to check the Department of Public Health COVID-19 webpage and the CDC website for current information.

1. **What are the typical symptoms of COVID-19?**
   Reported illnesses have ranged from people with mild symptoms to people becoming severely ill, requiring admission to the hospital, and dying. Symptoms include:
   - Fever
   - Cough
   - Difficulty breathing

2. **How is the virus spread?**
   Like other respiratory illnesses, such as influenza, human coronaviruses most commonly spreads to others from an infected person who has symptoms through:
   - Droplets produced through coughing and sneezing
   - Close personal contact, such as caring for an infected person
   - Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

3. **How can I protect myself while using public transportation?**
   As with other respiratory illnesses, there are steps that everyone can take daily to reduce the risk of getting sick or infecting others with circulating viruses. You should:
   - Stay home when you are sick.
   - If possible, leave about six feet of space between you and those who might be sick with a cough or fever.
   - Use hand sanitizer with at least 60% alcohol after touching commonly handled surfaces such as poles, turnstiles, straphangers, or handles. Always wash your hands if they are visibly dirty
   - Avoid touching your eyes, nose, and mouth with unwashed hands.
   - Try to use buses and trains when it is not as busy. Leave earlier or later for work if possible
   - When passing through turnstiles use your hip or the back of your hand

4. **Should I be wearing a mask while using public transportation?**
   It is not recommended that people who are well wear a mask to protect themselves from COVID-19 unless a healthcare professional advises it.

5. **What else can I do to protect myself?**
   - 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.
   - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
   - Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
   - Get a flu shot to prevent influenza if you have not done so this season.
• Always check with reliable sources for the up-to-date, accurate information about COVID-19.
  o Riverside University Health System - Public Health (RUHS-PH, County)
    ▪ [https://www.rivcoph.org/coronavirus](https://www.rivcoph.org/coronavirus)
  o California Department of Public Health (CDPH, State)
    ▪ [https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx)
  o Centers for Disease Control and Prevention (CDC, National)
  o World Health Organization (WHO, International)
    ▪ [https://www.who.int/health-topics/coronavirus](https://www.who.int/health-topics/coronavirus)

If you have questions, and would like to speak to someone, call 2-1-1.