

COVID-19 GLOSSARY

A library of new terms has entered our vocabulary since the first case of COVID-19 was confirmed earlier this year. Understanding these terms is the first step to understanding the situation and being able to explain it to others. Brush up on these key terms below. For more information, visit bchd.org/coronavirus.

Safer at Home Health Officer Order

The Los Angeles County Department of Public Health issued a Safer at Home Health Officer Order effective through May 15, 2020. The Safer at Home Order temporarily prohibits all events and gatherings and requires the closure of non-essential businesses. Essential businesses must implement a Social (Physical) Distancing Protocol, which includes providing all employees with a cloth face covering to wear while performing duties that involve contact with others. Residents can engage in outdoor activities, as an individual or household, such as jogging, walking or biking. When residents leave their homes to shop at essential businesses, they must practice Social (Physical) Distancing and wear a cloth face covering while visiting these essential businesses.

Stay at Home Order

On March 19, Governor Gavin Newsom announced a Stay at Home Order for the state of California: All individuals living in the State of California are to stay home or at their place of residence, except as needed to maintain continuity of operation of the federal critical infrastructure sectors, critical government services, schools, childcare and construction, including housing construction. This is a statewide order.

Social Distancing

According to the Los Angeles County Department of Public Health, Social Distancing means:

1. Staying home as much as possible
2. Maintaining at least six feet of physical distance from individuals who are not part of the same household
3. Working or studying from home, if possible
4. Not having visitors over
5. Avoiding non-essential travel
6. Wearing a cloth face covering while out in public when in contact with others, not including members of a single household or living unit
7. Avoiding all social interaction outside the household when sick with fever or cough

Physical Distancing

Physical distancing is used interchangeably with social distancing and highlights the physical aspects of separating yourself from others, especially staying home as much as possible. This term is preferred as we want to physically separate, but socially connect with others, which is paramount during this time.

Cloth Face Covering

LA County residents are required to wear cloth face coverings while visiting essential businesses. Cloth face coverings cover your nose and mouth and reduce the release of infectious particles into the air when you speak, cough or sneeze. The best community and individual defense against COVID-19 is washing our hands frequently, avoiding touching our eyes, nose and mouth with unwashed hands, self-isolating when sick and practicing physical distancing especially by staying at home. Cloth face coverings are not a replacement for these evidence-based measures; they are an additional tool that may be used to protect us from exposure to COVID-19 when used properly.

Acceptable, reusable face covering options for the general public include:

- Bandana
- Neck gaiter
- Homemade face covering
- Scarf
- Tightly woven fabric, such as cotton t-shirts and some types of towels

Face Mask

Medical face masks are not recommended for the general public. Medical face masks such as N95 and surgical masks are in short supply and should only be used by healthcare workers, first responders, essential workers providing care for people who are ill, and people who are ill.

Self-isolation

Self-isolation is required for people who have or are likely to have COVID-19. You must stay home and away from others for at least seven days and until you are fever-and-symptom-free for 72 hours. Do not leave your home, unless for a medical appointment, and you must notify your close contacts to quarantine themselves.

Self-quarantine

Self-quarantine is required for people who are household contacts, intimate partners, caregivers and close contacts of someone who has or likely has COVID-19. You must stay home and away from others for 14 days from last exposure to the symptomatic person. If you begin to experience mild symptoms, act as if you have COVID-19 and follow the isolation measures.

Close Contacts

Close contacts of people with or likely to have COVID-19 are defined as household members, intimate partners, caregivers or other persons who were within six feet of that person for more than 10 minutes, within 48 hours before that person's symptoms began.

For more information on COVID-19, visit:

Beach Cities Health District www.bchd.org/coronavirus

Los Angeles County Department of Public Health <http://publichealth.lacounty.gov/media/Coronavirus/>

California Department of Public Health <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

Centers for Disease Control & Prevention <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>