Beach Cities Health District is following guidance from the Los Angeles County Department of Public Health on the 2019 novel coronavirus (COVID-19) and recommends that the following groups **practice social distancing immediately** and avoid being in close contact with others who are ill:

- **Older adults (aged 65 years and older)**
  - Early data suggest older adults are twice as likely to have serious COVID-19 illness. This may be because immune systems change with age, making it harder to fight off diseases and infection. Older adults also are more likely to have underlying health conditions that make it harder to cope with and recover from illness.

- **Pregnant women**

- **Individuals with underlying health conditions such as:**
  - Heart, lung or kidney disease
  - Diabetes
  - Cancer
  - Compromised immune systems

**Social distancing is used to slow the spread of infectious diseases. Social distancing measures include:**

- Avoid nonessential travel
- Avoid public gatherings, places where large groups congregate and event venues
- Avoid crowds, especially in poorly ventilated spaces
- Use verbal salutations in place of handshakes or hugs

**We will continue to monitor the situation and may cancel events if needed.**

UPDATED 3/11/2020
Source: Los Angeles County Department of Public Health