

PUBLIC SERVICE ANNOUNCEMENT  
REGARDING  
COVID-19 (CORONAVIRUS)  
FOR  
INDIAN WELLS VALLEY COMMUNITY,  
THEIR FAMILY AND FRIENDS



Content source: [cdv.gov](http://cdv.gov)

# THE RIDGECREST POLICE DEPARTMENT IS DEDICATED TO PROTECTING THE INDIAN WELLS VALLEY COMMUNITY

THIS PUBLIC SERVICE ANNOUNCEMENT PROVIDES INFORMATION REGARDING  
COVID-19 (CORONAVIRUS).

TOPICS INCLUDED ARE :

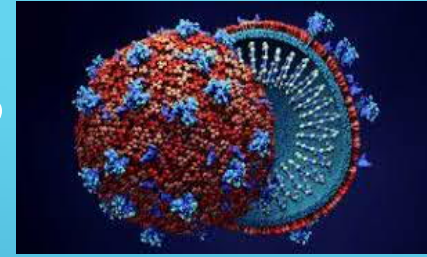
- WHAT IS COVID-19
- WHAT ARE THE SYMPTOMS
- WHO IS AT HIGHER RISK
- HOW DO I PROTECT MYSELF AND OTHERS
- WHAT TO DO IF YOU ARE SICK

The Ridgecrest Police Department has created an email for all your questions and/or concerns regarding COVID-19 in our community:

[coronavirusquestions@ridgecrest-ca.gov](mailto:coronavirusquestions@ridgecrest-ca.gov)



# WHAT IS COVID-19 (CORONAVIRUS)?



- ▶ PER THE CDC, COVID-19 (CORONAVIRUS), IS A NEW RESPIRATORY VIRUS FIRST IDENTIFIED IN WUHAN, HUBEI PROVINCE, CHINA.

The best way to prevent illness is to avoid being exposed to this virus.  
There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The virus is thought to spread mainly:

- ❖ From person-to-person Between people who are in close contact with one another (within about 6 feet).
- ❖ Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

# WHAT ARE THE SYMPTOMS?

## SYMPTOMS CAN INCLUDE:

- FEVER
- COUGH
- SHORTNESS OF BREATH
- RUNNY NOSE
- SORE THROAT



If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include\*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face


\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

# WHO IS AT HIGHER RISK?



FACTS NOT FEAR  
**WHO IS AT RISK?**

- Older people
- Pre-existing conditions:
  - Asthma
  - Diabetes
  - Heart disease



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WHO/CDC/2020/01/01/20200117

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

# HOW DO I PROTECT MYSELF AND OTHERS?

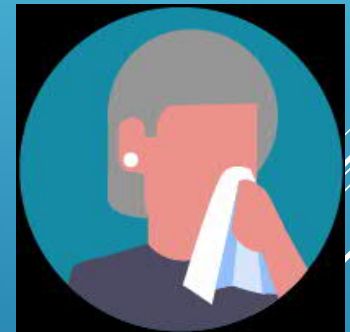
- Clean your hands often
- Wash hands (for at least 20 seconds)
- Hand sanitizer with at least 60% alcohol
- Soap and water
- Avoid touching your eyes, nose and mouth with unwashed hands
- Monitor your symptoms



Example hand washing videos: <https://youtu.be/3pmvjqucm4e>  
[cdc.gov/handwashing](https://www.cdc.gov/handwashing)

# HOW DO I PROTECT MYSELF AND OTHERS? (continued)

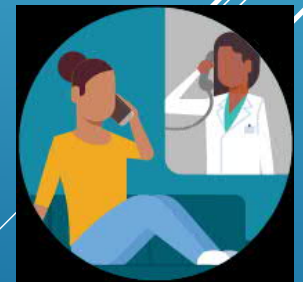
- Avoid close contact (social distancing)
- Cover coughs and sneezes
- Avoid sharing personal household items
- Clean all “high touch” surfaces everyday
- Reduce stress in yourself and others  
<https://emergency.cdc.gov/coping/selfcare.asp>
- Avoid crowds, especially in poorly ventilated areas
- Avoid all non-essential travel



# WHAT TO DO IF YOU ARE SICK?

## STAY HOME EXCEPT TO GET MEDICAL CARE

- Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Where possible call ahead before visiting your doctor.
- Avoid public areas: Do not go to work, school, or public areas.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.
- Separate yourself from other people and animals in your home
- Wear a facemask if you are sick
- For additional things you can do to manage your health at home, please visit <https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>





THANK YOU FOR ALLOWING US TO SHARE THIS  
INFORMATION WITH YOU.

PLEASE TAKE CARE OF YOURSELVES  
AND  
EACH OTHER

-Everyone at the Ridgecrest Police Department