

Dear Neighbors:

These are unprecedented times; the City understands your fear and concerns. The City of Carson continues to cooperate with the [Los Angeles County Department of Public Health](#) and the [Centers for Disease Control and Prevention \(CDC\)](#) to respond to the spread of the novel coronavirus (COVID-19) in Los Angeles County.

Monday March 16, 2020, the Los Angeles County Department of Public Health announced the first confirmed case of the Novel Coronavirus or COVID-19 within the City. The City does not know the source of exposure and whether it was through the community or exposure to an individual known to have COVID-19. To maintain patient confidentiality, the City cannot share any other details on this case.

Please note that the Los Angeles County Department of Public Health (Public Health) tracks individuals who are positive for COVID-19 in L.A. County, including City of Carson. The City does not have a complete tally of the number of individuals in Carson who may have tested positive to date, as Public Health only releases that information on a countywide basis. City of Carson urges residents to follow the [latest recommendations of public health officials](#), including social distancing.

If you have been exposed to an individual who has tested positive for COVID-19, are having difficulty breathing or keeping fluids down, go to an emergency room or call 911. Otherwise, it is better to call your doctor before going in to a doctor's office or Urgent Care Center to seek care.

You should also call your primary doctor if you have had close contact with a person who has a confirmed case COVID-19.

If you are not sick, there is no need to do anything other than self-quarantine within your home for 14 days, practicing every day daily prevention and monitor yourself for symptoms of respiratory illness, such as fever and cough.

Should you become ill, follow the guidance in the section above. Everyday personal prevention actions include:

- Stay home when you are sick. Stay home for at least 24 hours after you no longer have a fever or symptoms of a fever without the use of fever-reducing medicines.
- Wash your hands 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. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your sleeve (not your hands).
- Limit close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes. Do not share hand towels with members in your home.

If you need help with getting meals, please let the City Manager's office know and we will connect you to organizations that provide that service.

Please pass this information onto your neighbors, but please do so by phone or without coming in close contact with them. You may or may not have the virus but, to practice social distancing and prevent its further spread, stay at least 6 feet away from each other.

Please look on our website for further information:

<http://ci.carson.ca.us/CityManager/CoronaVirus.aspx>

We at City Hall don't want you to feel alone. All of us are in this together.

Sharon Landers
City Manager