

# Public Gatherings and Reducing the Spread of COVID-19

As a health care organization, our priority during this COVID-19 pandemic is to keep you, your families, and communities healthy and safe. While sheltering at home and physical distancing have slowed the spread of COVID-19, the virus is still present and active in our communities. In fact, it is on the rise again and wearing a mask or face covering is now required by the State of California in public.

There are ways to decrease your chance of exposure when spending time in public. Parks, beaches, parades, protests and other gatherings are all settings that can increase your risk for exposure. To help you stay as safe and healthy as possible while outside your home and in public, we encourage you to review the following tips:

- [Wear a mask or face covering](#) over your mouth and nose.
- Wash your hands often.
- Practice physical distancing. Keep at least 6 feet from others when possible.
- Remain with people you've sheltered with.

When engaging in public activities such as a protest, parade, or other large gathering, be sure to follow the tips above and the following:

- Wear eye protection, such as glasses, sunglasses, etc.
- Consider carrying a sign to make your message known. Singing out loud and shouting in crowds without masks only increases the likelihood of spreading germs.
- Use an alcohol-based hand sanitizer during and after the event.
- Don't share phones or other personal items.
- Stay home if you're sick.

If you attended a large-scale public event where it was difficult to maintain physical distancing, we encourage you to self-quarantine at home for the next 14 days. If you can't self-quarantine, you should closely monitor for COVID-19 symptoms, including:

- If you develop any symptoms such as a cough, fever, shortness of breath, sore throat, headache, muscle aches and chills, loss of smell or taste, please contact us immediately at **1-833-574-2273** (TTY 711).

Thank you for doing your part to protect yourself, your loved ones, and your communities.



## Get Care

Start with an [e-visit or symptom assessment](#) if you're worried you may have COVID-19

Schedule a [phone or video appointment](#) with your doctor

Get the latest updates on how to get care and stay safe with [COVID-19](#)

Get self-care tools and resources, including the [Calm and myStrength\\* apps](#)

\*MyStrength® is a wholly owned subsidiary of Livongo Health, Inc.