

# Novel Coronavirus (COVID-19)

## Health Officer Order’s Impact on Daily Life FAQs

### Stay Up to Date with the Latest Information!

This FAQ addresses questions that you may have about the *Reopening Safer at Work and in the Community for Control of COVID-19 Health Officer Order*. For more complete and the most current information, please review the latest version of the Order, which is posted on Public Health’s COVID-19 website at:

<http://publichealth.lacounty.gov/media/Coronavirus/>.

The *Reopening Safer at Work and in the Community for Control of COVID-19 Order* is a Health Officer Order that was put in place to slow the spread of COVID-19 and protect members of our community. The Order:

- Allows many businesses and public sites to be open, as long as they follow guidelines to help prevent COVID-19.
- Requires adults and children who are two years of age and older to use cloth face coverings\* whenever they’re in contact with, or likely to be in contact with, people outside of their home unless they have been instructed by their medical provider not to wear one.
- Requires all residents to stay at home as much as practicable and to limit their contact with people who aren’t part of their household.
- Strongly recommends that persons who are at high risk of serious illness from COVID-19 only leave their home for necessities.

This FAQ has information about the Order and how it may affect your daily life. To learn more about COVID-19, how to protect yourself, and what types of sites are open in LA County, visit:

[COVID-19 Frequently Asked Questions](#)

[Choose Wisely- Reduce Your Risk of COVID-19 Outside the Home](#)

[What’s Open in Los Angeles County](#)

Click on the links below to skip to the topic you’d like to learn more about.

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### RECOVERY PLAN

- **What is the plan for reopening Los Angeles County?**

Los Angeles County has aligned its plans for reopening the County with California's Pandemic Resilience Roadmap. This is a four-phase statewide plan that guides the reopening of businesses, public spaces, and sectors in California. The stages are:

- Stage 1: Safety and preparation
- Stage 2: Reopening of lower-risk workplaces and other spaces
- Stage 3: Reopening of higher-risk workplaces and other spaces
- Stage 4: Easing of final restrictions leading to the end of the stay-at-home order

Los Angeles County's aim is to ensure that we continue to slow the spread of COVID-19 and prevent a surge of cases at healthcare facilities, while allowing for a gradual, safe return of some activities outside of the home. Los Angeles County received approval from the State to open businesses and other spaces in a different order or at a different pace than the State's plan, based on local needs. Even so, the County may not reopen faster than the State, and must wait for the State to issue guidance for a sector prior to reopening at the local level. Public Health will consider our County's needs when making recommendations to the Board of Supervisors to help guide the recovery process.

Through each stage of the recovery, residents will need to continue practices that can prevent COVID-19 spread: social (physical) distancing, wearing cloth face coverings\* in public settings (e.g., grocery stores, trails, parks, retail stores, and offices), washing their hands, self-isolating if sick, and self-quarantining if identified as a close contact to someone with the virus.

- **How fast will we move through the reopening process?**

Los Angeles County is currently in Stage 3 of the reopening process. As noted, Los Angeles County's plan for recovery is in line with the California Pandemic Resilience Roadmap, but based on our local needs, the County Health Officer and the Board of Supervisors can adjust the pace at which we reopen businesses and public sites in LA County. With no vaccine or COVID-19 still remains a significant threat, so when making decisions, we will carefully monitor: (a) the number of cases, hospitalizations and deaths; (b) whether the healthcare system can handle a surge in cases; (c) the supply of personal protective equipment (PPE) available for healthcare providers and staff; (d) availability of testing, especially for vulnerable groups and high-risk jobs or settings; and (e) the ability to quickly isolate people with COVID-19 and quarantine their contacts to prevent the spread of COVID-19.

### HEALTH OFFICER ORDER

- **What is the Reopening Safer at Work and in the Community for Control of COVID-19 Order?**

The Reopening Safer at Work and in the Community for Control of COVID-19 Order (Order) is a legal order issued by the Los Angeles County Health Officer to help slow the spread of COVID-19 and protect the members of our community who are at greatest risk for serious illness due to COVID-19. The Order is consistent with California's COVID-19 Executive Orders and Health Officer Orders.

- **What types of businesses, public spaces, and activities are open in Los Angeles County?**

As long as they follow the County's social (physical) distancing and infection control guidance, various businesses, organizations, and public spaces in Los Angeles County can be open to the public and resume activities. Examples are listed on "What's Open in Los Angeles County." This summary also includes links to the County's Protocols, which outline the steps that steps businesses, organizations, and the public need to take to help slow the spread of COVID-19.



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- **While the Order is in effect, when can you leave your home?**

There are no restrictions on when individuals can leave their home, if they are wearing a cloth face covering\* when they are or may be near others and distancing from those not in their household. However, being around people who aren't part of your household puts you at risk for COVID-19, which is why it is so important to stay at home as much as possible and avoid all gatherings, of any size, with people who are not part of your household.

The following activities are allowed, as long as you follow social (physical) distancing requirements:

- Participating in activities that are important to your own family/household members' (including pets') health and safety, such as going to a doctor or vet or getting medical supplies or medication.
- Getting or delivering services and supplies, such as groceries, for yourself and family or household members.
- Caring for minors, the elderly, dependents, persons with disabilities, or other vulnerable persons.
- Receiving in-person behavioral health or substance use disorder support in small group meetings, such as Alcoholics Anonymous or Narcotics Anonymous, or to receive faith-based counseling, as long as there are 10 or fewer people present.
- Working at a business that is open or carrying out Minimum Basic Operations at a business that is temporarily closed.
- Working for, volunteering at, or obtaining services at Healthcare Operations.
- Accessing Essential Governmental services, such as getting social services or complying with a court or law enforcement order.
- Participating in outdoor or remote faith-based/worship services.
- Participating in certain recreational or entertainment activities.
- Shopping at or picking up products outside of the store at retail establishments.

People who are 65 years old and older and/or those who have underlying health conditions should only leave home for essential activities such as getting medical care or food, because they are more likely to have serious illness from COVID-19. They should stay home as much as possible; have groceries, medicine, and necessary goods delivered; and call their provider immediately if they have even mild symptoms. Public Health has strongly recommended that employers offer them telework or other accommodations.

- **How long will the Order be in effect?**

This Order is in effect until it is extended, expanded, or updated to protect the public's health.

- **Do Los Angeles County residents have to follow the Los Angeles County and California Orders?**

All residents who live in the Los Angeles County Public Health Jurisdiction (all parts of the County except the cities of Long Beach and Pasadena), must follow the LA County Order, which is in line with California's Order. The cities of Long Beach and Pasadena have their own public health departments and residents and businesses in those cities should check with their own public health departments for guidance. If LA County's Order differs from the State's or a City's order, residents must comply with whichever Order is stricter.

- **What happens if I don't comply with the Order?**

Public Health trusts that residents will voluntarily follow the Order to protect loved ones, other residents, and our community. However, if you don't follow the Order, you can be fined, imprisoned, or both.

### Social (Physical) Distancing and Infection Control

- **What steps to prevent COVID-19 spread are you required to follow?**

COVID-19 can spread when people are in close contact or when they touch something with the virus on it and then touch their face. To prevent spread of COVID-19, you're required to: (1) Maintain at least six-feet of physical distance from individuals who are not part of your household; (2) Frequently wash your hands with soap and water for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol; (3) Wear a cloth face



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covering\* over both your nose and mouth anytime you leave your home and are, or may be, in contact with people who don't live in your household, whether you're in a public or private place or indoors or outdoors (except when exceptions are noted); and (4) Avoid all physical interaction outside the household when you're sick with a fever or cough, except for necessary medical care. Review "[Choose Wisely- Reduce Your Risk of COVID-19 Outside the Home](#)" to learn about other things you can do to reduce your risk of COVID-19 when you're outside of your home.

- **Do you have to perform social (physical) distancing with household members and at home?**

No, you don't have to stay 6 feet from people who live in the same household or living unit with you. If you are ill though, you should remain in a separate room, preferably with your own bathroom, and minimize contact with others to avoid infecting others in the home.

- **Can visitors come to your home?**

You should not have visitors, other than people who need to provide essential services, such as caregiving or repairs. These visitors shouldn't come in if they are ill and must wear a cloth face covering\* and practice social (physical) distancing, as much as possible, while in your home. Consider other ways to connect with family and friends, such as through phone calls or video conferencing.

### Household and Personal Care Needs

- **Can you buy pet food or have your pet groomed?**

Yes. You can go to a pet supply store to buy pet supplies and can have your pet groomed at a veterinary clinic, a pet feed store, or a pet grooming store. Mobile pet grooming is also allowed. Stay at least 6 feet from people who are not part of your household and use a cloth face covering\*.

- **Are car dealerships open?**

Car dealerships can be open for repairs, auto supplies, and showroom and internet sales if they follow social (physical) distancing and infection control requirements. Test drives can be conducted as long as the dealership limits passengers in the vehicle during test drives to only a single customer with the employee sitting in opposite back seat, when applicable. Both the customer and employee must wear cloth face coverings\*.

- **Are personal grooming businesses open?**

At this time, barbershops and hair salons and other personal care services (e.g., nail salons, tanning salons, esthetician, skin care, and cosmetology services; electrolysis, body art professionals, tattoo parlors, and piercing shops; and massage therapy in non-healthcare settings) cannot offer services indoors. However, if the government agency that issues their license allows it, they can offer selected services outdoors. Tattoo parlors, microblading and permanent make-up and piercing shops are not allowed to operate outside. Please call ahead to confirm whether other personal care services are being offered outdoors. If they are, bring a cloth face covering\*, preferably with ear loops and keep it on during your visit, wait in your car until your appointment time, and please don't bring others to your appointment.

### Work/Employment

- **Can you go to work?**

Yes. If you work at a business that is allowed to be open, you can go to work, as long as you follow social (physical) distancing and infection control requirements when you are traveling to/from work and while you are at work. Stay at least 6 feet from people who are not part of your household whenever possible and use a cloth face covering\* if you are in or are likely to be in close contact with others. In order to be open, businesses must follow requirements related to infection control and social (physical) distancing. Ask your employer about ways to reduce the chance for COVID-19 to spread, such as rearranging the worksite to allow employees to keep a safe distance from other employees and customers, alternative work schedules, or working from home.

Of note, at this time, because of the increased risk for spread of COVID-19, offices that aren't defined in the Order



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as Essential Businesses, Essential Infrastructure, or Healthcare Operations can't be open for indoor operations, except to carry out Minimum Basic Operations that are defined in the Order. If your office is closed, ask your employer if you can work from home until staff are allowed to return to the office.

- **Can you apply for unemployment if you've been affected by COVID-19?**

If your employer has reduced your hours or closed operations due to COVID-19, you may be able to file a claim for unemployment insurance. See [https://www.edd.ca.gov/about\\_edd/coronavirus-2019.htm](https://www.edd.ca.gov/about_edd/coronavirus-2019.htm).

- **If you have to stay home because you're in quarantine or isolation, what sort of employee leave can you take?**

You may be able to use paid sick leave or file a Disability Insurance (DI) claim. Check the California Department of Industrial Relations' COVID-19 Resources and Workers' Compensation webpage for more information. Unpaid leave may also be available to you through the California Family Rights Act. Check the California Department of Fair Employment and Housing's COVID-19 website for their employment Frequently Asked Questions. See Public Health's guidance regarding employee leave and benefits for more information:

<http://www.ph.lacounty.gov/media/Coronavirus/docs/business/FAQ-WorkersRights.pdf>.

### School, Childcare, Camps, and Learning

- **Can your children go to childcare?**

Yes. Childcare facilities can be open, as long as they follow requirements that are described in the Order.

- Childcare must be carried out in stable groups, meaning that the same children should be in the same groups each day and can't change from one group to another. Also, there is a maximum size for each group, which is set by Public Health.
- If more than one group of children is cared for at one site/facility, each group must be in a separate space and these groups cannot mix with each other.
- Each childcare provider must be solely with one group of children.

- **Can you or your children attend school or college?**

K-12 schools, colleges, and universities can continue to operate but must do so in a way that is safe as possible for students, teachers, and staff. Their reopening will be guided by the State and by each school district's or college/university's decisions of how to best set up learning opportunities during the pandemic. When making decisions, they'll consider different factors, such as the spread of COVID-19 in their local community and what is known about risks and about the strategies that can reduce those risks.

At this time, the State Public Health Officer has required all public and private K-12 schools and school districts in Los Angeles County to remain closed to in-person learning and conduct distance learning only, until the County has been off the State's County Monitoring List for 14 consecutive days. Counties can be added to this list because they are experiencing elevated COVID-19 disease transmission, increasing hospitalizations, have limited hospital capacity, and/or have limited capacity to conduct COVID-19 testing. Schools in LA County aren't eligible to request a waiver to reopen classroom instruction for students in grades TK- 6 until our COVID-19 case rate falls below a maximum limit set by the California Department of Public Health (<200 cases/100,000 residents.)

Schools, colleges, and universities that reopen their campuses will need to follow public health and safety requirements so that the reopening is as safe as possible for students, teachers, staff, and their families. These requirements are outlined in Public Health's Reopening Protocols for K-12 Schools and draft Protocols for Institutes of Higher Education. For updates from the University of California, California State University, and California Community Colleges and to view guidance released by the California Department of Public Health to help colleges and universities prepare to resume in-person instruction, visit the State's COVID-19 Education webpage.



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- **Are libraries open?**

Libraries may be open for in-person and/or curbside pick-up if the building they're located in is not closed to the public and they follow Public Health's social (physical) distancing and infection control requirements. They can loan books, movies, and single-use items (such as take-home craft kits) but should limit loans of games and toys. When possible, you should place a "hold" on an item through an online or a phone reservation system. When visiting the library, wear a cloth face covering\* and stay 6 feet from other patrons and staff. If you have mobility issues, can't reserve items online, or should only leave home for necessities because you're at higher risk for COVID-19 complications, ask your library about other options.

- **Can your children go to camp?**

Yes. They can attend day camps (including sports-related camps for skills-building only), although overnight camps aren't open yet. Day camps will be making some changes to help keep staff and campers as safe as possible. Some examples include eliminating high-contact activities, staggering drop-off and pick-up times, and redesigning activities so that campers are in smaller groups.

If your children go to camp, ask them to wear their cloth face covering\* except when staff let them know they don't need to. Also, remind them to follow directions for social (physical) distancing; stay with their assigned group; and avoid sharing high-touch materials like arts supplies, recreational equipment, clothes, toys, books, games, and electronic devices. If possible, have them bring their own meals and snacks to the camp.

### Healthcare

- **Can you leave your home to seek medical care or pick up medications?**

Yes, you can leave in order to seek essential services such as medical care or to pick up medications. Be sure to call your provider first since many practices are now offering telemedicine services. Similarly, check to see if your medications can be delivered to your home.

- **Can you receive elective and preventive healthcare services?**

Important preventive services such as well-child visits, immunizations, and other health screenings, including cancer screenings, should not be delayed. Whenever appropriate and available, consider taking advantage of telemedicine or video visits. In addition, providers can choose to offer elective medical services as long as the healthcare system does not get overwhelmed by the need to care for COVID-19 patients and providers can meet certain criteria (e.g., having enough personal protective equipment). However, because COVID-19 still poses a significant risk, Public Health recommends you carefully consider any elective procedure or surgery.

- **Can you receive dental services?**

Dental services pose a higher risk for the spread of COVID-19, so only emergency care and certain non-emergency dental care may now be able to be provided. Speak to your dentist to find out what services are available.

- **Can you go to a behavioral health or substance use disorder group or receive faith-based counseling?**

You can go to group counseling and participate in peer support groups, such as Alcoholics Anonymous or Narcotics Anonymous, or in faith-based counseling if there are fewer than 10 people present, and you follow social (physical) distancing and infection control requirements. You can also take advantage of sessions that are held by telephone or video conference if they are available and meet your needs.

- **Can you still leave home to donate blood?**

You can continue to give blood at Red Cross centers and at blood donation sites. Blood drives are not prohibited by the Order if social (physical) distancing practices are in place. Red Cross will continue to hold blood drives to help meet patient needs and has implemented new measures that ensure that blood drives and donation centers are even safer for donors and staff. You should be prepared to wear a cloth face covering\* while you are there.



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### Shopping and Restaurants

- **Are indoor shopping centers and malls open?**

Some businesses in indoor shopping centers and malls can be open for in-store shopping; some can only be open for delivery or outdoor pick-up; and others are temporarily closed. Higher-Risk Businesses in indoor shopping centers and malls (e.g., movie theaters, bars, and playgrounds) are temporarily closed. Food court dining and seating areas in indoor shopping centers are also closed at this time but restaurants in these shopping centers can offer food for delivery, carry out, and outdoor table dining. If a business in the mall is not considered to higher-risk and it can be accessed from outside of the building, it can be open for in-store shopping, but the number of customers allowed in at the same time will be limited so they can maintain physical (social) distancing. If a business is located in the interior of the mall shopping center (e.g., it can't be accessed from outside of the building), it can only be open for delivery or outdoor (e.g., curbside) pick-up and customers won't be able to go inside, even to quickly look at merchandise or make a payment. If you go to the mall, whether you're shopping inside or picking up items from the outside, please wear a cloth face covering\* and keep a distance of 6 feet from other customers and employees whenever possible.

- **Are outdoor shopping center and malls open?**

Yes. Outdoor shopping malls, destination shopping centers, strip and outlet malls, and swap meets can be open for in-store shopping, at limited capacity, if they prepare, implement, and post Public Health's Protocols for Shopping Center Operators. Customers must wear cloth face coverings\* and the number of customers will be limited to ensure physical (social) distancing.

- **Are restaurants open?**

Restaurants, cafes, food trucks, food courts, and similar businesses can be open for delivery, drive thru, carry out, and outdoor table dining. Indoor dining isn't allowed at this time and bars in restaurants are closed. Restaurants need to limit the number of outdoor diners, so that they can maintain social (physical) distancing. If you're dining outdoors at a restaurant, only 6 people can be at your table. If possible, wait in your car until you can be seated. If you're entering the outdoor dining area or waiting at a host or check-stand, deli counter, valet drop off and pick-up, or other waiting area, or visiting the restrooms, please keep a distance of 6 feet or more from people who aren't part of your household and wear a cloth face covering\*. You can remove the cloth face covering while seated at a table and eating and/or drinking.

- **How can you get free or reduced priced meals?**

Soup kitchens, food banks, and other organizations that provide free or reduced priced food or meals are encouraged to continue providing these services. Visit [www.covid19.lacounty.gov/food](http://www.covid19.lacounty.gov/food) for additional information on available resources.

### Faith-based/Religious Services

- **Can you attend faith-based services?**

You may attend in-person faith-based services, including weddings and funerals, if they are held outside and social distancing and infection control requirements in the County's Protocol for Places of Worship are posted and followed. Indoor services are not allowed at this time but there is no maximum number of attendees for outdoor services, as long as attendees can keep a distance of 6 feet from each other. Places of worship are also strongly encouraged to continue virtual services (e.g., teleconference, webinar, or live-stream) for those who are more likely to have serious illness from COVID-19. Practices that could spread COVID-19 should also be modified. For instance, donations/offering plates or baskets shouldn't be passed around and attendees should bring their own prayer books, rugs, or other direct touch items that are used in ceremonies. Also, if the outdoor service includes singing or chanting, there should be much greater physical distance between attendees. Individual congregation members who are participating in virtual services can also sing or chant in their own homes.



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- **Can faith-based organizations offer support services or counseling?**

Faith-based organizations can provide essential support services, such as a food bank, if they follow social (physical) distancing requirements. If remote counseling is not feasible, they can also offer faith-based counseling, as long as there are 10 or fewer people present and they follow social (physical) distancing and infection control requirements.

- **Can you work in an office at a faith-based organization?**

At this time, office-based businesses can only be open for indoor operations if they're defined in the Order as Essential Businesses, Essential Infrastructure, or Healthcare Operations. If you work for a faith-based organization that provides essential services, such as food, shelter, social services, and other necessities of life for economically disadvantaged or otherwise needy individuals (including gang prevention and intervention, domestic violence, and homeless service agencies), you can work in the office, but Public Health strongly recommends that if possible, you work from home. If you work in an office at a faith-based organization that is not considered to provide essential services of infrastructure, you'll need to work from home for now, unless you need to be onsite to carry out Minimum Basic Operations that are defined in the Order.

### Gatherings and Events

- **Are conferences, conventions, or other large events allowed?**

No. Large events, such as conferences or events at convention centers, whether public or private, are still not allowed.

- **Can vehicle-based (car) parades be held?**

Vehicle-based (car) parades can be held if they are in compliance with all local ordinances, traffic control requirements, state and local laws, and all other requirements that are described in the County's Vehicle-Based Parade Protocol. If an organization is hosting the parade, it must assign a host to ensure that these rules are followed. Car parades can't include people on a bicycle, a motorcycle, a convertible with the top open, or a vehicle with no doors such as a golf cart. If any of the windows on a vehicle is open, the occupants must wear a cloth face covering\*.

- **Can you or your family have a gathering or party?**

No. Individual and family gatherings or parties of any size aren't allowed. However, vehicle (car) parades are now allowed so that graduations, birthdays and other special days and achievements may be safely celebrated. See the Vehicle-Based Parade Protocol for rules and requirements.

### Caregiving

- **Can you care for a family member, friend, or pet who requires assistance to care for themselves at their home or take them to needed appointments?**

You can provide care for vulnerable and dependent people or animals, including taking them to appointments. However, you should take precautions, such as being sure that you don't have a fever or symptoms of illness before leaving to provide care, keeping at least 6 feet from others whenever possible, wearing a cloth face covering\* (or a surgical mask if you are caring for an ill individual), and frequently washing your hands or using hand sanitizer with at least 60% alcohol, including immediately after you arrive at and leave their home.

- **Can you visit loved ones in the hospital, skilled nursing facility, or other residential care facility?**

To protect patients/residents, visitors, and healthcare personnel, most face-to-face visits are not allowed at licensed congregate healthcare facilities (e.g., skilled nursing facilities and residential care facilities) and at hospitals, except for in certain circumstances (e.g., visiting a child, for labor/delivery, and for end-of-life visits). If your loved one is in a facility, ask if they're allowing visits. If not, please use other ways to communicate, such as





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telephone calls, texts, and video calls.

### Housing and Safety

- **How can you comply with the order if you are experiencing homelessness?**

People who are experiencing homelessness are encouraged to try to stay with family or friends, identify housing options, or access emergency resources, such as shelters. You can call 2-1-1 for additional information on resources. You should also wear a cloth face covering\* when in close contact with other people and stay 6 feet or more from others whenever possible.

- **If your home environment is abusive, do you need to stay at home?**

No. Call 2-1-1 to identify safe and supportive housing alternatives. You should not stay in environments that are not safe.

- **Can you stay in dorms, shelters, or other congregate settings?**

Yes, but you need to follow any measures that the institution has put into place to reduce the spread of disease. You should wear a cloth face covering\* when in close contact with others and should stay 6 feet or more from people whenever possible.

- **Can you be evicted from your house or apartment while the Order is in effect?**

Some local jurisdictions have issued renter protections during the Order. Check with your local City office to see if there are eviction protections where you live. For additional information on eviction moratoriums and rent freezes visit [dcba.lacounty.gov/noevictions](http://dcba.lacounty.gov/noevictions).

### Legal and Civic Activities

- **Can you leave home to comply with a Court order?**

Yes. You can leave home to comply with Court or enforcement orders but must follow social (physical) distance, including wearing a cloth face covering\* when in close contact with others, and infection control precautions.

- **Can you leave home to take a citizenship test?**

The federal government will determine whether citizenship tests will be held. Please contact the government agency that is giving the test to determine whether you should appear. If you are required to appear, wear a cloth face covering\* and practice social (physical) distancing while there. If you are ill, stay home and ask the agency that is giving the test about your options for rescheduling or taking the test from home if possible.

- **Can you get married?**

Yes. Places of worship can host a wedding if the service is held outdoors and the Protocol for Places of Worship is followed. If the wedding is held at a site other than a place of worship, attendance must be limited to the couple, the officiant, and a witness. However, you can live-stream or tape the ceremony, so that others can participate virtually or view the wedding later. Because gatherings are not yet allowed, wedding receptions can't be held. Visit the Los Angeles County Clerk site at: <https://www.lavote.net/home/county-clerk/marriage-licenses-ceremonies/general-info> for more information.

- **Can you participate in public demonstrations?**

As an individual, it is within your right to engage in political expression, including your right to petition the government and participate in public demonstrations. You can participate in outdoor protests and there is no limit on the number of attendees. Indoor protests are not allowed at this time. During a pandemic, in-person gatherings can be risky because even if you adhere to physical distancing, bringing members of different households together carries a higher risk of transmission of COVID-19. Such gatherings may result in increased rates of infection, hospitalization, and death, especially among more vulnerable populations. Also, activities like chanting, shouting, singing, and group recitation can more easily spread respiratory droplets, making it very important that people engaging in these activities wear face coverings at all times.



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If you had close contact (within 6 feet for greater than 15 minutes) with non-household members who were not wearing face coverings, you should consider yourself possibly exposed to COVID-19 and should stay at home for 14 days and monitor yourself for COVID-19 symptoms. If you live with persons who are elderly or have high risk conditions, you should also try to maintain a six-foot distance and wear a face covering when you are with them at home. If you develop symptoms of COVID-19, call your healthcare provider and speak to them about getting tested. Finally, if you chose to participate in an in-person gathering, consider strategies for reducing your risk and the risk to others.

### Fitness, Recreation, and Entertainment

- **Can you go to the gym/a fitness center?**

Gyms; fitness centers; and fitness-related studios such as yoga, pilates, dance, gymnastics, and martial arts studios can be open for outdoor services only. If you can participate in outdoor services, you'll need to wear a cloth face covering\*. This includes when you're exercising, except if the outdoor fitness activity requires heavy exertion. For those activities, you can remove the cloth face covering as long as you stay at least 8 feet apart from others. You can also remove the cloth face covering when you're entering or swimming in an outdoor pool or are in an outdoor shower.

Gyms/fitness centers can offer outdoor group classes and personal training outdoors if social (physical) distancing requirements are followed and there's no person-to-person physical contact. High-contact programs such as group sporting events, organized intermural activities, pick-up basketball, and organized races aren't allowed. Outdoor swimming pools and splash pads at these sites can be open, but hot tubs, jacuzzi, spa pools, swim team practices, swim meets, and pool parties aren't allowed.

To protect yourself and others from COVID-19 at the gym, don't arrive early or stay after your work-out, keep a distance of 6 feet from others when possible (and 8 feet when engaged in heavy exertion), and bring your own towel and equipment (e.g., yoga mats, goggles, nose clips, and snorkels). If you're at higher risk for serious illness from COVID-19 (e.g., you're 65 years of age or older and and/or have active or unstable pre-existing health conditions), ask if they have special hours or a reservation system so you can avoid contact with others as much as possible.

- **Are pools open?**

Public pools and pools in gyms/fitness centers and shared residential facilities (apartments, condominiums, and homeowner's associations), can be open if rules for reopening are followed. You can take group and 1x1 swimming lessons, but instructors should teach from the pool deck whenever possible, and swim team meets aren't allowed. Pools at residential sites can only be used by household groups that live on the property and there are limits to the number of people who can use the pools and spas at the same time. If you have your own pool at a single-family home, you and your household members can use it but shouldn't host parties or gatherings. If you're at any pool, please don't share towels, beverages, or food with anyone from outside of your own household; bring your own snorkels and nose clips; and when out of the water, wear a cloth face covering\* and keep a distance of 6 feet from people who aren't in your household.

- **Can you go to/take children to a park?**

Yes, but when at the park, you should stay at least 6 feet from people who are not part of your household. Indoor and outdoor playgrounds at parks remain closed and pools at some parks are also closed. Also, you're not allowed to have picnics, parties, or other gatherings with people from outside of your household at parks.

- **Are outdoor recreation options such as trails, beaches, and golf courses open?**

Trails, beaches, and other open spaces and outdoor recreational facilities, including golf courses, tennis and pickle ball courts, shooting and archery ranges, equestrian centers, model airplane areas, community gardens, and bike



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parks, may be open, as long as visitors follow rules regarding social (physical) distancing and access. However, no recreational programming or public events can be held at these sites. Hired-fishing trips and small group charters are allowed as long as social (physical) distancing and infection control rules are followed. Everyone on your boat (aside from crew) should be from your own household and you shouldn't tailgate in the parking area.

If you visit any of these outdoor recreation sites, including the beach, don't forget that everyone two years of age or older who hasn't been told by a medical provider that they shouldn't wear a cloth face covering must wear one, unless they're eating, drinking or swimming). Playgrounds, splashpads, aquatic facilities, and concession stands remain closed. Basketball courts, volleyball courts, and baseball and soccer fields at public sites are also closed at this time. However, streets or other areas can be temporarily closed to car traffic for recreation such as walking or riding bikes, although no events or gatherings can be held on closed streets.

See the [Reopening Protocol](#) for the site you'd like to visit for additional information on activities that are allowed and those that are not permitted.

- **Can you rent or check-out outdoor equipment?**

Outdoor equipment, such as kayaks, surf or paddle boards, canoes, bikes, fishing gear, and helmets may be available for rental/check-out, if operators can follow instructions for cleaning. However, whenever possible, you should bring your own equipment, since sharing equipment can increase the risk for spread of COVID-19.

- **What kinds of sports can you or your children play?**

You can do outdoor recreational activities or sports, such as walking, hiking, bicycling, running, or horseback riding, as long as you follow social (physical) distancing and the appropriate County [Reopening Protocol](#). You can also play some non-contact sports, such as golf, tennis, or pickleball. Unless you're participating in a youth sports league activity as described below, you can't play sports that involve shared equipment or physical contact such as soccer, basketball, football, volleyball, baseball, paintball, or miniature golf with anyone outside of your own household.

Recreational youth sports leagues, youth club sports, youth travel sports, and sports that are sponsored by TK-12 private and public schools are allowed, as long as activities are held outdoors and players can stay 6 feet or more (or 8 feet or more during times of heavy physical exertion) from each other and from coaches. Youth are required to wear a [cloth face covering](#)\*, except when the outdoor activity requires heavy exertion. For those activities, they can remove the cloth face covering as long as they stay at least 8 feet apart from others.

Youth sports activities are limited at this time to conditioning, training and skills-building activities only. Youth sporting events, such as tournaments, competitions, games, or matches are prohibited until further notice. However, as part of practices, teams that play non-contact sports that allow for 6-foot physical distance between players at all times may play intra-squad scrimmages, matches or practice games among players of the same team. Review the Youth Sports League [Reopening Protocol](#) to learn more.

- **Can you go to the movies?**

Movie theaters are not yet open, but drive-in theaters are, as long as social (physical) distancing and infection control practices are followed.

- **Can you go to a museum, botanical garden, gallery, zoo, or aquarium?**

Outdoor portions of museums and galleries, botanical gardens, zoos and aquariums are open but the indoor portions and exhibits at these venues are closed at this time. This includes the closure of indoor playgrounds, play areas, climbing structures, petting zoos, movie theaters, at these venues. Hands-on interactive exhibits are also closed at these sites and demonstrations (including live animal shows) can only be held if social (physical) distancing and sanitation guidelines are followed. To help prevent spread of COVID-19, please only include only members of your own household in your visit, buy your tickets online in advance, avoid sharing vehicles, wear



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cloth face coverings\*, and keep a distance of 6 feet from staff and other visitors.

- **Can you attend professional sporting events?**

Professional sports and training can resume, but at this time, all events must be held without in-person spectators.

- **Are bars and wineries open?**

Bars, breweries, brew pubs, pubs, wineries, tasting rooms, and bar areas in restaurants are closed at this time, except for retail sales. So, if wineries and breweries offer retail sales, you can buy products to take home, such as a bottle of wine or a growler of beer.

- **Are cardrooms, satellite wagering, and racetracks open?**

Cardrooms, satellite wagering facilities, and racetrack onsite wagering facilities are closed at this time.

### Travel

- **Can you take public transit or ride-sharing services (e.g. Lyft or Uber)?**

You can take public transportation or use ride-sharing services as long as you wear a face covering during your ride and at stops/stations where others are present and stay 6 feet or more from people who aren't part of your household when possible.

- **Can you take a trip?**

Because travel increases your chances of getting infected and spreading COVID-19, staying home is the best way to protect yourself and others from getting sick. COVID-19 cases and deaths have been reported in all 50 states and in many international locations. If it's not essential for you to travel, it's best for you to postpone your trip. And if you're sick or have been around someone with COVID-19 in the past 14 days, you shouldn't travel.

You can travel outside of your area if you need to address essential needs, such as essential business needs or to take care of after-death arrangements. Before traveling, check for any travel restrictions in the area you're traveling to, including any requirements for funerals and gatherings. See LA County's [Guidance for Funerals](#).

If you do need to travel, you can take simple steps to reduce the chance for spread of COVID-19. Don't travel with people from outside of your household or with anyone who is sick. Wash your hands often and/or use hand sanitizer with at least 60% alcohol content and wear a cloth face covering\* whenever you're not in your room. Consider other ideas when traveling, such as making sure you're out of your room when your baggage is delivered or when your room's being cleaned, only using ice machines if they're hands-free, and bringing your own items (e.g., towels, goggles, and noseclips) to the fitness center or pool.

- **Are campgrounds and RV parks open?**

Yes, campgrounds and RV parks can be open if they follow reopening rules, which may include reducing the site's capacity to allow for adequate spacing. In addition, outdoor spaces used for gatherings and group functions such as pavilions, communal fire rings, public-use kitchens, and amphitheaters should be closed and public events/gatherings such as group bonfires, group campsites, presentations at amphitheaters, or musical or other performances are not allowed.

To reduce the chance of spread of COVID-19, wear cloth face coverings\*, stay 6 feet from people who aren't part of your household and bring your own equipment. If possible, pre-purchase firewood, food, or other items or have them delivered to your campsite or RV. When using shared restrooms, avoid placing personal items such as toothbrushes directly on counter surfaces. Finally, only participate in boat rides, basketball/volleyball games, rope courses, or climbing walls, with your own household.



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### LEARN MORE

- Los Angeles County Reopening Safer at Work and in the Community for Control of COVID-19 Health Officer Order and Protocols to Protect Workers and the Public from COVID-19:  
<http://publichealth.lacounty.gov/media/Coronavirus/>.
- Call 2-1-1 (LA County Information Line) if you have questions about COVID-19. 2-1-1 can provide information on nonprofit and social services such as food pantries, homeless shelters, rental assistance, mortgage assistance, and utility assistance.

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\* **Important Information regarding Cloth Face Coverings:** Cloth face coverings are used to reduce the risk of someone who has the virus and does not know it from transmitting the virus to others. Individuals who are not recommended to wear a cloth face covering by their medical provider are exempted from the Reopening Safer at Work and in the Community for Control of COVID-19 Health Officer Order's requirements to wear cloth face coverings. Children under the age of 2 years (including infants) and anyone who has trouble breathing, is unconscious, or is unable to remove a face cover without help should not wear one. Those between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation.

Individuals who are exempt from wearing a face covering due to a medical condition and who are employed in a job involving regular contact with others are required to wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge, as long as their medical condition permits it. A drape that is form fitting under the chin is preferred.

People who are ill with COVID-19 symptoms should not be going out of their homes except for medical visits. If they must leave the home for these visits, they may use a surgical mask but can use a cloth covering if a mask isn't available. If a mask is used, it shouldn't have a one-way valve.

