SUMMARY

This guidance is for people who have symptoms which they are concerned may be due to COVID-19. People with COVID-19 have had a wide range of symptoms, ranging from mild to severe illness. Older adults and **people who have underlying medical conditions** like heart or lung disease or diabetes are at higher risk for developing more serious complications from COVID-19. Some people with COVID-19 have no symptoms.

**IMPORTANT:** If you have symptoms of COVID-19 talk to a healthcare provider and get a test for COVID-19. You should stay home and protect others until you get the result of your COVID-19 test or until your provider tells you that you don’t have COVID-19.

If you test positive for COVID-19 or your doctor thinks that you have COVID-19, you must follow the [Home Isolation Instructions](https://ph.lacounty.gov/acd/ncorona2019/covidcare) closely.

If you test negative for COVID-19 or your provider tells you that you don’t have COVID-19, stay home until you have been fever-free without the help of fever-reducing medicines for at least 24 hours.

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**Symptoms of COVID-19**

Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever or chills
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle or body aches
- Runny or stuffy nose
- New loss of taste or smell
- Headache
- Sore throat
- Nausea or Vomiting
- Diarrhea

This list does not include all possible symptoms of COVID-19. Some people with COVID-19 never get symptoms.

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**GET A TEST AND TALK TO A DOCTOR:**

- If you develop any of the symptoms listed above, or any symptoms that are not on the list that concern you, contact your healthcare provider and get tested for COVID-19. Make a note of the day when your symptoms first began.
COVID-19: Learn About Symptoms and What To Do If You're Sick

- If you are 65 years and older or have a health problem such as a chronic disease or a weak immune system, it is particularly important to let your doctor know that you have these new symptoms.
- If you need help finding a doctor, call the Los Angeles County Information line 2-1-1, which is available 24/7.
- To get a test for COVID-19, call your doctor or visit lacounty.gov/testing, or call 2-1-1. For more information about COVID-19 tests, click here.
- Seek prompt medical care if your symptoms get worse. If they are life-threatening, call 911.

Call 911 if there are emergency warning signs

<table>
<thead>
<tr>
<th>Difficulty Breathing</th>
<th>Pressure or pain in chest</th>
<th>Bluish lips or face</th>
<th>Confused or hard to wake</th>
<th>Other serious symptoms</th>
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DEALING WITH STRESS

- This is a worrying and stressful time. Visit the Los Angeles County Department of Mental Health’s COVID-19 webpage and the 211LA webpage 211la.org/resources/subcategory/mental-health for local resources to address mental health & wellbeing needs and concerns. In addition, guidance and resources, including information on crisis hotlines, are also available on the CDC webpage Coping with stress.
- LA County residents have free access to iPrevail.com, an online mental health resource to help with life's everyday stressors. After a short assessment, you are connected to customized support to meet your needs. Options include:
  - on-demand chat with trained Peer Coaches,
  - self-paced lessons on a variety of topics to improve wellbeing, and
  - community support groups.
  iPrevail is offered in English and Spanish and is available 24/7 from any smart device.
- If you need to speak with someone about your mental health, contact your doctor or the Los Angeles County Department of Mental Health Access Center 24/7 Helpline at (800) 854-7771, or call 2-1-1.