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 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.
• 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**

- Difficulty Breathing
- Pressure or pain in chest
- Bluish lips or face
- Confused or hard to wake
- Other serious symptoms

### 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 Headspace Plus. This is a collection of mindfulness and meditation resources in English and Spanish, as well as movement and sleep exercises to help manage stress, fear, and anxiety related to COVID-19.

- 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.