



# COVID-19: Learn About Symptoms & What to Do If You Are Sick

## Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms ranging from mild to severe illness. COVID-19 most often causes respiratory symptoms that can feel like a cold, the flu, or pneumonia. Some people with COVID-19 have no symptoms. Symptoms may appear 2-14 days after exposure to the virus.

### Symptoms of COVID-19

- Fever or chills
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- New loss of taste or smell
- Headache, muscle, or body aches
- Sore throat, runny, or stuffy nose
- Nausea, vomiting, or diarrhea

*This list does not include all possible symptoms of COVID-19.  
New variants of COVID-19 may cause different symptoms.*

Note: these symptoms could also be flu - learn more at [www.cdc.gov/flu/symptoms](http://www.cdc.gov/flu/symptoms).

## What to do if you are feeling sick

If you have symptoms of COVID-19, stay home away from others and get tested. For information on how to get a COVID-19 test, visit [ph.lacounty.com/covidtests/how](http://ph.lacounty.com/covidtests/how).

If you have any respiratory symptoms (cough, runny nose, sore throat) wear a well-fitting mask when you are around others indoors.

- **If you test positive for COVID-19** or a doctor tells you that you have COVID-19, you must follow isolation requirements at [ph.lacounty.gov/covidisolation](http://ph.lacounty.gov/covidisolation).
- **If you test negative for COVID-19**, but you still have symptoms, stay home away from others. You can resume normal activities when you have been fever-free without the help of fever-reducing medicines for at least 24 hours.

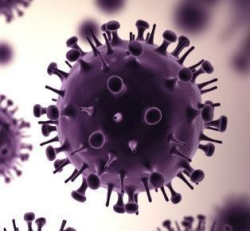
Remember: Tests can miss early infection. Antigen tests (including self-tests) are more likely to miss early infections than PCR tests. If you test negative for COVID-19, take at least one more COVID-19 test 48 hours later. Read and follow all test instructions correctly. See [FDA instructions on repeat COVID-19 testing](#).

## When to seek medical care and COVID-19 treatment

- If you have symptoms of COVID-19, ask for free treatment right away, even if your symptoms are mild. You can get treatment:
  - If you test positive for COVID-19 or
  - If you test negative, but you were exposed to COVID-19 or a doctor thinks you have COVID-19.

Many adults and some children with COVID [qualify for these medicines](#).





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**Don't wait until your illness gets worse.** The oral COVID treatments must be started within 5 days after you first develop symptoms (the intravenous COVID treatment must be started within 7 days). See [ph.lacounty.gov/covidmedicines](https://ph.lacounty.gov/covidmedicines) for more information about how to access free COVID-19 medication.

- Contact your doctor for severe symptoms or any symptoms that concern you. If it's not urgent, call before visiting - you may be able to get advice by phone. Let your doctor know if your symptoms get worse, especially if you are at [high risk](#).
- If you have emergency warning signs, call 911.

## Call 911 if there are emergency warning signs



**Difficulty Breathing**



**Pressure or Pain in Chest**



**Pale, gray, or blue skin, lips, or nail beds\***



**Confused or Hard to Wake or Stay Awake**



**Other Serious Symptoms**

\*Depending on skin tone

If you need help finding a doctor, call the Los Angeles County Information line 2-1-1, which is available 24/7.

