**Treatment for people at high risk for getting very sick**

If you are at **high risk**, you may be able to get treatment to help keep you out of the hospital. Contact a doctor right away if you test positive and have symptoms, even if they are mild. Don’t delay: the medicines work best when they are given as soon as possible after symptoms start. See [ph.lacounty.gov/covidmedicines](http://ph.lacounty.gov/covidmedicines) for more information.
INTRODUCTION

In Los Angeles County, if you have COVID-19* you are required to:

1. **Isolate yourself**, and

2. **Wear a mask indoors and outdoors for 10 days**, and

3. **Tell your close contacts that they have been exposed** and need to follow [instructions for close contacts](#) (if you have a positive viral test)

*You are considered to have COVID-19, if you have a positive viral test for COVID-19 and/or a healthcare provider thinks that you have COVID-19.

Call the COVID Info line 833-540-0473 (open daily 8:00am–8:30pm) if you test positive for COVID-19 and have questions or need help. Call this number if you are experiencing homelessness and/or are unable to safely isolate or quarantine at home.

Help slow the spread of COVID-19 in LA County. Please respond if you get a phone call or text message from Public Health. Answer the phone if you get a call from “LA PublicHealth” or 1-833-641-0305 or complete an online interview if you get a text message from Los Angeles County Department of Public Health. (See [Contact Tracing](#).)

If you received a Los Angeles County Health Officer Order and have not yet had a contact tracing interview, you must call the number on the Order within 24 hours.

ISOLATE: Stay home and away from others

If you have COVID-19, you must self-isolate regardless of vaccination status, previous infection, or lack of symptoms.₁

**How long do I need to isolate?**

Everyone with COVID-19 must isolate for at least 5 days. How long you have to isolate depends on whether you have [symptoms](#) and if you get a negative follow-up viral test on Day 5 or later. If you test on Day 5 or later, it is better to use an antigen test because NAAT/PCR tests are more likely to stay positive after you are no longer infectious.

**Ending isolation: if you have symptoms and test positive for COVID-19 or if your doctor thinks* that you have COVID-19**

Isolation can end after Day 5 ONLY if all of the following conditions are met:

- You have a negative COVID-19 test** that was collected on Day 5 or later, and
- You have not had a fever for at least 24 hours without the use of fever-reducing medicine, and
- Your symptoms are improving.

-OR-

₁ Symptoms of COVID-19 may include: fever or chills, cough, shortness of breath/difficulty breathing, new loss of taste or smell, fatigue, runny or stuffy nose, muscle or body aches, headache, sore throat, nausea or vomiting, and diarrhea. This list does not include all possible symptoms of COVID-19. Some people with COVID-19 never get symptoms. Visit ph.lacounty.gov/covidcare to learn more about what to do if you are sick. Call 911 or go to an emergency room if you are having serious symptoms. Serious symptoms include difficulty breathing, pain or pressure in your chest, have bluish lips or face or being confused or having difficulty waking up.
Isolation can end after Day 10 if both of these conditions are met:

- You have not had a fever for at least 24 hours, and
- Your symptoms are improving.

For most people, if both of the above criteria are met, isolation can end after Day 10* even if follow-up COVID-19 viral tests are positive. This is because many people continue to test positive even though they are not likely to still be infectious.

However, if you have a condition that weakens your immune system or if you were severely ill with COVID-19 you might need to stay home for longer than 10 days. Talk to your doctor about when you can be around other people.

Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.

*If your doctor initially thought your symptoms were due to COVID-19 (and you did not test positive for COVID-19), but they reassessed your diagnosis and decided that you are not infected, you can stop isolating after 24 hours of being fever-free. But if you are a close contact to a person with COVID-19 you must follow the instructions in the “If you develop symptoms” section of the Quarantine and Other Instructions for Close Contacts webpage.

**The test must be an FDA-authorized COVID-19 viral test such as an antigen or NAAT/PCR test. An antigen test is preferred. Self-tests are acceptable, but if it is used for return to work the test must be observed or reported in a certain way. For more information check with your employer and see Cal-OSHA Testing FAQs.

Note: Employers may require their employees/contractors to complete the full 10 days of isolation before returning to in-person work. Employees should discuss return to work with their employer.

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**Ending isolation: if you test positive for COVID-19 and you never develop symptoms**

Isolation can end after Day 5 if:

- You have a negative COVID-19 test* collected on Day 5 or later, and

-OR-

Isolation can end after Day 10 if:


For most people, isolation can end after Day 10, even if follow-up COVID-19 viral tests are positive. This is because many people continue to test positive even though they are not likely to still be infectious.

However, if you have a condition that severely weakens your immune system you might need to stay home for longer than 10 days. Talk to your doctor for more information.

Day 0 is the day your positive test was taken. Day 1 is the first full day after your positive test was taken.

Important: if you develop symptoms, you must follow the ending isolation instructions for persons with symptoms. Your new Day 0 is the day your symptoms began. See above.

**The test must be an FDA-authorized COVID-19 viral test such as an antigen or NAAT/PCR test. An antigen test is preferred. Self-tests are acceptable, but if it is used for return to work the test must be observed or reported in a certain way. For more information check with your employer and see Cal-OSHA Testing FAQs.

Note: Employers may require their employees/contractors to complete the full 10 days of isolation before returning to in-person work. Employees should discuss return to work with their employer.
Isolation Instructions

• Stay home except to get medical care.
  o Do not go to work, school, or public places.
  o If you must leave home to get essential medical care, drive yourself, if possible. If you cannot
    drive yourself, sit in the back seat, leave the windows down, and wear a mask.
  o If someone from outside your household is shopping for you, ask them to leave the food and
    other supplies at your door, if possible. Pick them up after the person has left. If you need help
    finding free delivery services, social services, essential items like food and medicines call 2-1-1 or
    visit the Public Health resource webpage ph.lacounty.gov/media/Coronavirus/resources.htm.

• Separate yourself from others in your home
  o If you need to be in the same room as other people, set it up so that you can stay 6 feet apart if
    possible. It is important to stay away from people who are at higher risk of serious illness.
  o Wear a mask over your nose and mouth if you must be around others. See Wear a mask indoors
    and outdoors for 10 days for more details.
  o Use a separate bathroom. If this is not possible, disinfect the bathroom after use (see cleaning
    information below).
  o Open windows or use a fan or an air conditioner in shared spaces in the home.
  o Do not allow non-essential visitors.
  o Do not handle pets or other animals.
    Anyone who continues to be in close contact with you will need to stay in quarantine for
    longer (see Quarantine and Other Instructions for close contacts).

• Cover your coughs and sneezes. Throw used tissues in a lined trash can after each use. Wash your
  hands or use hand sanitizer after you cough or sneeze.

• Avoid sharing food or personal household items
  o Do not prepare or serve food to others, if possible.
  o Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people
    or pets in your home.
  o Make sure to wash your dishes, drinking glasses, and eating utensils with soap and water after
    each use.

• Clean your hands often
  o Wash your hands often, especially after blowing your nose, coughing, or sneezing; going to the
    bathroom; before eating or preparing food; and after touching your face mask or cover. Use
    soap and water for at least 20 seconds.
  o If soap and water are not available, clean your hands with a hand sanitizer that contains at least
    60% alcohol. Cover all surfaces of your hands and rub hands together for 30 seconds until they
    feel dry. Use soap and water if your hands are visibly dirty.

• Clean and disinfect all “high-touch” surfaces every day
  o Clean and disinfect high touch surfaces e.g., counters, tabletops, doorknobs, bathroom fixtures,
    toilets, phones, keyboards, tablets, and bedside tables.
  o Clean and disinfect any surfaces that may have body fluids on them.
  o Use household cleaning and disinfectant sprays or wipes. Be sure to follow the product label
    instructions.
If caregivers and household contacts clean or come into contact with your body fluids or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea) they should wear a disposable facemask and gloves. After cleaning, they should remove and dispose of their gloves first, clean their hands, then remove and dispose of their facemask, and clean their hands again.

**Wear a highly protective mask indoors and outdoors for 10 days**

The mask should be a well-fitting medical mask or respirator or a well-fitting non-cloth mask of multiple layers of non-woven material with a nose-wire. Cloth masks meeting ASTM standards for high filtration efficiency (ASTM F3502-Level 2) are also allowed. Wear the mask around household members. See [ph.lacounty.gov/masks](http://ph.lacounty.gov/masks) for more information.

**Tell your close contacts they have been exposed**

If you have a positive viral test result for COVID-19 you must tell your close contacts that they could be infected. They are required to quarantine unless they are exempt. Give them the [Quarantine and Other Instructions for Close Contacts](https://ph.lacounty.gov/covidquarantine). They are available in multiple languages at [ph.lacounty.gov/covidquarantine](http://ph.lacounty.gov/covidquarantine). Your close contacts must follow the instructions even if they feel well or are fully vaccinated. If you work or study in a setting where you could have gotten COVID-19 or passed it on to others, please tell your workplace or school so that they can advise others to test and/or quarantine as needed.

**Definition of a Close Contact**

A “close contact” is any of the following people who were exposed to you while you were infectious:

- Any person who was within 6 feet of you for a total of 15 minutes or more over a 24-hour period
- Any person who had unprotected contact with your body fluids and/or secretions. For example, you coughed or sneezed on them, you shared utensils, a cup, or saliva with them, or they cared for you without wearing appropriate protective equipment.

You are considered to be infectious (meaning you can spread COVID-19 to others) starting 2 days before your symptoms began until your isolation ends. If you test positive for COVID-19 but do not have any symptoms, you are considered to be infectious from 2 days before your test was taken until your isolation ends.

**Take care of your health**

**Home Care**

Most people with COVID-19 have mild illness and can recover at home. Here are steps that you can take to help you get better:

- Rest and drink plenty of fluids
- Take over-the-counter medicine such as acetaminophen (Tylenol®) to reduce fever and pain. Note that children younger than age 2 should not be given any over-the-counter cold medications without first speaking with a doctor.
Seeking Medical Care
Stay in touch with your doctor and seek medical care if your symptoms get worse. Medicines are now available to treat people with mild-to-moderate COVID-19 who are at high risk of getting very sick. If you have symptoms of COVID-19 and are age 65 years or older and/or have an underlying medical condition, call your doctor right away, even if your symptoms are mild. Don’t delay: the medicines work best when they are given as soon as possible after symptoms start. For more information, talk to your doctor and see the medication webpage.

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>
</tr>
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People with emergency warning signs should call 911. If it’s not urgent, call your doctor before visiting. You may be able to get advice by phone.

Dealing with Stress
COVID-19 and self-isolation are stressful for people. 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 1-800-854-7771. If you need help finding healthcare, call the Los Angeles County Information line at 2-1-1. This number is available 24/7.

Contact tracing
Contact tracing is a simple, confidential process that is being used to help slow the spread of COVID-19. You can do your part by answering a few simple questions about the places you have been and the people you have been around while you were infectious.

- If you get a call or text message from Public Health, it is important that you respond to us. It may show on your phone as “LA PublicHealth” or 1-(833) 641-0305. The text message will be from Los Angeles County Department of Public Health.
  - If you get a call from Public Health, please answer to complete an interview. If you get a text, please click the link to do an online interview or call the number to talk to a specialist.
• If you received a Los Angeles County Health Officer Isolation Order and have not already completed a contact tracing interview by phone or online, you must call the number on the Order within 24 hours.
• Conversations with public health staff are confidential. This means any information you share will be kept private.
• The people you tell Public Health about will be contacted but will not be told your name, contact information, or that you have COVID-19. They will not be told anything about you, just that they were exposed to COVID-19.
• Public Health staff will answer any questions you may have and will also share helpful resources such as how to get a COVID-19 test, the best time to get a COVID-19 vaccine, or help finding a doctor.
• To learn more about contact tracing, click here.

More information

• For more information on COVID-19 and to view the resources mentioned above in multiple languages, visit ph.lacounty.gov/media/coronavirus/.
• For help finding free delivery services, social services, essential items like food and medicines, visit ph.lacounty.gov/media/Coronavirus/resources.htm or call 2-1-1 (which is available 24/7).
• Please call your health care provider for any questions related to your health. If you need help finding a health care provider, call 2-1-1.
• Information about Disability Insurance, Unemployment & Paid Family Leave for people who are unable to work because they, or a family member, need to isolate or quarantine is available on the California Employment Development Department website.
• For more information on COVID-19 related work issues, view the COVID-19 Safety Workers Rights in California Pamphlet.