What to do if you Have Symptoms of Coronavirus Disease 2019

STAY HOME IF YOU ARE SICK

• During this outbreak, if you have fever, cough, or shortness of breath you are likely to have COVID-19 and should isolate yourself at home.

• Other symptoms of COVID-19 include chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell. If you get any of these, or any other symptoms that concern you, call your doctor to find out if you need to isolate yourself or get a test. If you need help finding a doctor, call 2-1-1.

• You can also visit covid19.lacounty.gov/testing to find out how to get a free test

• Call your doctor early if you are 65 years and older, or have an underlying health condition as you may be at higher risk of serious illness.

• Seek prompt medical care if your symptoms get worse.

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

HELP PROTECT OUR COMMUNITY

• If you are likely to have COVID-19, stay home for at least 10 days from when your symptoms first appeared AND at least 3 days after your fever has gone and your respiratory symptoms improve.

• Tell everyone you had close contact with, starting 48 hours before your symptoms began, that they need to quarantine for 14 days.

• Follow the Home Care Instructions at ph.lacounty.gov/acd/ncorona2019/covidcare or scan the QR code