

Coronavirus Disease 2019

Learn about symptoms and what to do if you are sick

To view this document in different languages or in web format visit ph.lacounty.gov/acd/ncorona2019/covidcare

IMPORTANT: This guidance is for people who have symptoms which they are concerned may be due to COVID-19. If your doctor thinks that you have COVID-19 – or - you have a positive test for COVID-19, you need to be in isolation and follow the Home Isolation Instructions closely.

Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms, ranging from mild symptoms to severe illness. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19.

If you have a fever with cough or shortness of breath, you are presumed to have COVID-19. Let your doctor know and get a test for COVID-19. To protect others, stay home, wear a facemask when you seek medical care, and follow the Home Isolation Instructions.

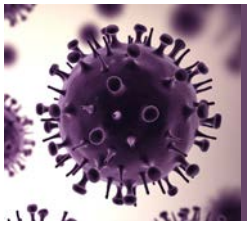
Symptoms may appear 2-14 days after exposure to the virus and may include:

Fever	Muscle or body aches
Cough	Headache
Shortness of breath/difficulty breathing	Sore throat
Fatigue	Nausea or Vomiting
Chills	Diarrhea
Congestion or runny nose	New loss of taste or smell

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

SEEKING MEDICAL ADVICE / CARE

- If you have a fever with cough or shortness of breath, you are presumed to have COVID-19. You should let your doctor know and get tested for COVID-19. Make sure you wear a face covering when you get tested and follow the Home Isolation Instructions.
- If you develop any of the other symptoms listed above, or any symptoms that are not on the list that concern you, talk with your doctor. 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.
- Make a note of the day when your symptoms first started and monitor your health.
- Seek prompt medical care if your symptoms get worse. If they are life-threatening, call 911.



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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

If your doctor tells you that they think that you have COVID-19, or if your test is positive for COVID-19, or you have a fever and cough or shortness of breath you should:

- Stay home except to get medical care.
- Follow the Home Isolation Instructions carefully.
- Tell everyone with whom you have been in close contact, starting from 48 hours before your symptoms started that they need to quarantine. Tell them that they need to follow these Home Quarantine Instructions.

It is very important to follow these instructions to help prevent the disease from spreading to people in your home and your community.

FINDING MEDICAL CARE

- 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 covid19.lacounty.gov/testing, or call 2-1-1. For more information about COVID-19 tests, click here.

MENTAL HEALTH

- This is a worrying and stressful time. Tips to help cope are available here, and mental health and other resources are available by visiting 211la.org/resources/subcategory/mental-health or by calling 2-1-1.
- 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.