



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

HELP PROTECT OUR COMMUNITY STAY HOME IF YOU ARE SICK

- **If you have a fever with cough or shortness of breath**, you are likely to have COVID-19 and are required to isolate yourself at home. Let your doctor know and get tested. Make sure you wear a face covering when you get tested. Follow the Instructions at ph.lacounty.gov/covidisolation including:
 - ✓ **Stay home** for at least 10 days from when your symptoms began 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.
- **If you get other symptoms of COVID-19** such as chills, muscle/body aches, headache, fatigue, sore throat, congestion or runny nose, nausea, vomiting, diarrhea or new loss of taste or smell, or any other symptoms that concern you, talk to your doctor and ask about the need for testing. For more information visit ph.lacounty.gov/covidcare.
- **If you are 65 years and older or have an underlying health condition** you are at higher risk of serious illness. It is important not to wait. Talk to your doctor about your symptoms.
- **If you need help finding a doctor**, call 2-1-1.
- **To get a test** call your doctor or visit covid19.lacounty.gov/testing or call 2-1-1.
- **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**