Coronavirus Disease (COVID-19)

1. What should I do if I think I may have been exposed to Coronavirus Disease 2019 (COVID-19)?

- If you are a close contact of someone with COVID-19 while they were infectious you need to be in quarantine for 14 days after your last contact with them. People are considered infectious 48 hours before the start of their symptoms until their isolation period ends. Close contacts include all household members, intimate contacts, and all individuals who were within 6 feet of the infected person for more than 10 minutes. In addition, anyone who had contact with body fluids and/or secretions from the infected person (such as were coughed on/sneezed on, shared utensils or saliva or provided care without wearing protective equipment) needs to be in quarantine. For details, including how long you need to quarantine, see *Home quarantine guidance for those exposed to COVID-19*.
- If you have not had close contact with someone with COVID-19 and feel well, monitor your health for 14 days for symptoms of COVID-19 such as fever, cough, and shortness of breath. You, like everyone else, should also take actions to protect yourself and others such as practicing good hygiene and social distancing (see below).

2. What should I do if I have symptoms and think I may have been exposed to COVID-19?

- During the current outbreak anyone with fever, cough, or shortness of breath is assumed to have COVID-19 and must self-isolate immediately.
- If you develop any of the signs or symptoms above, you may have COVID-19. Many people with COVID-19 will have mild illness and can get better with the proper home care and without the need to see a provider. However, if you are 65 years and older, pregnant, or have a health problem such as a chronic disease or a weak immune system, you should let your doctor know about your symptoms. You may be at higher risk of more serious illness so you should monitor your symptoms closely and seek medical care early if they get worse.
- You need to remain isolated at home until at least 3 days (72 hours) have passed *since recovery* which means your fever has resolved without the use of fever-reducing medications **and there is** improvement in your respiratory symptoms (e.g., cough, shortness of breath), **AND** at least 7 days have passed *since your symptoms first appeared*.
- Seek prompt medical care if your symptoms get worse. If they are life-threatening, call 911 and let them know you are a close contact to a person with confirmed COVID-19.
- Follow the detailed instructions in the guidance *Home Care Instructions for People with Respiratory Symptoms*.
- You should notify all of your close contacts that they have been exposed and need to quarantine for 14 days. Tell everyone you had close contact with starting 48 hours before your symptoms started.

Coronavirus Disease (COVID-19)

3. Can I get tested for COVID-19?

- There are still serious limitations to testing capacity in LA. If you do not have symptoms, there is no need to get tested. If you are quarantined, even if you receive a negative test result for COVID-19, you still need to stay in quarantine for the full 14 days.
- If you do have symptoms, you do not need to be tested just to confirm the infection. Call your provider if you have concerns or questions about the need for testing.

4. How is COVID-19 treated?

- There is no specific treatment for COVID-19 and no vaccine to prevent it, but many of the symptoms can be treated. Be aware of scam products for sale that make false claims to prevent or treat this new infection.

5. How can I protect myself and others from COVID-19?

- Practice social distancing (also known as physical distancing) – stay home (except for essential activities like buying food), avoid crowds and stay at least 6 feet away from others when possible. See *Guide to social distancing* for more information.
- Wash your hands with soap and water for at least 20 seconds especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Consider wearing a cloth face cover over your nose and mouth when you must be in public for essential activities, such as buying food. Note that wearing a face cover does not eliminate the need to physically distance yourself from others and to wash your hands frequently. Infants and children under the age of 2 should not wear cloth face coverings. Those between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation. Children with breathing problems should not wear a face covering. For more information see, *Guidance for Cloth Face Coverings*.
- Cover your coughs and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately.
- Limit close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes. See *Cleaning in the Home* instructions*.*

**For more information and the guides described in this FAQ, visit
www.publichealth.lacounty.gov/media/Coronavirus/**

**If you have questions and would like to speak to someone,
or need help finding medical care or mental health services,
call the Los Angeles County Information line 2-1-1, which is available 24/7.**