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 have been in close contact with someone who has or is suspected to have COVID-19 ("infected person") 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.
- The term "close contact" applies to all household members, intimate contacts, caregivers, and individuals with any of the following exposures to an "infected person" while they were infectious*:
    a. Presence within 6 feet of the infected person for more than 10 minutes
    b. Unprotected contact with the infected person's body fluids and/or secretions, for example, being coughed or sneezed on, sharing utensils or saliva, or providing care without wearing appropriate protective equipment. Appropriate protective equipment means gloves and a face mask because cloth face coverings do not provide enough protection for an individual who is caring for a person with COVID-19.

  *An infected person is considered to be infectious from 48 hours before their symptoms first appeared (or from the date of their positive lab test if they did not have symptoms) until they are no longer required to be isolated (as described in *Home Isolation Instructions for People with COVID-19)*.

- 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, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell. You, like everyone else, should also take actions to protect yourself and others such as practicing good hygiene and physical (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.
- Other symptoms of COVID-19 include difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell. This list of symptoms is not all inclusive. Please consult your medical provider about the need for testing and isolation for these, any other symptoms that are severe or concerning to you. Many people will have a mild illness and get better at home. However, people should call their doctor early if they are 65 years and older or have a health problem such as a chronic disease or a weak immune system, because they are at higher risk of serious illness.
- 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 10 days have passed *since your symptoms first appeared*.
- Seek prompt medical care if your symptoms get worse. If they are life-threatening, call 911. For more information see *Home Isolation Instructions for People with COVID-19)*.
- 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.

3. Can I get tested for COVID-19?

- 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, call your doctor to discuss getting a test or visit covid19.lacounty.gov/testing. If you get tested and the result is negative, you must remain at home for the full 14 days, to prevent spreading your illness to others.

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 physical distancing (also known as social 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.
- Wear a cloth face cover over your nose and mouth when you must be in public for essential activities, such as buying food.
  - o Note that wearing a face cover does not eliminate the need to physically distance yourself from others and to wash your hands frequently.
  - o Note, a mask or cloth face cover should not be placed on anyone who has trouble breathing or is unable to remove it without assistance.
  - o Infants and children under 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.
  - o 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.