

# 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](http://ph.lacounty.gov/acd/ncorona2019/covidcare)

### SUMMARY

This guidance is for people who have symptoms which they are concerned may be due to COVID-19. People with COVID-19 have had a wide range of symptoms, ranging from mild to severe illness. Older adults and [people who have underlying medical conditions](#) like heart or lung disease or diabetes are at higher risk for developing more serious complications from COVID-19. Some people with COVID-19 have no symptoms.

**IMPORTANT:** If you have symptoms of COVID-19 talk to a healthcare provider and get a test for COVID-19. You should stay home and protect others until you get the result of your COVID-19 test or until your provider tells you that you don't have COVID-19.

If you test positive for COVID-19 or your doctor thinks that you have COVID-19, you must follow the [Home Isolation Instructions](#) closely.

If you test negative for COVID-19 or your provider tells you that you don't have COVID-19, stay home until you have been fever-free without the help of fever-reducing medicines for at least 24 hours.

### Symptoms of COVID-19

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

- |  |                            |
|--|----------------------------|
| Fever or chills                          | New loss of taste or smell |
| Cough                                    | Headache                   |
| Shortness of breath/difficulty breathing | Sore throat                |
| Fatigue                                  | Nausea or Vomiting         |
| Muscle or body aches                     | Diarrhea                   |
| Runny or stuffy nose                     |                            |

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

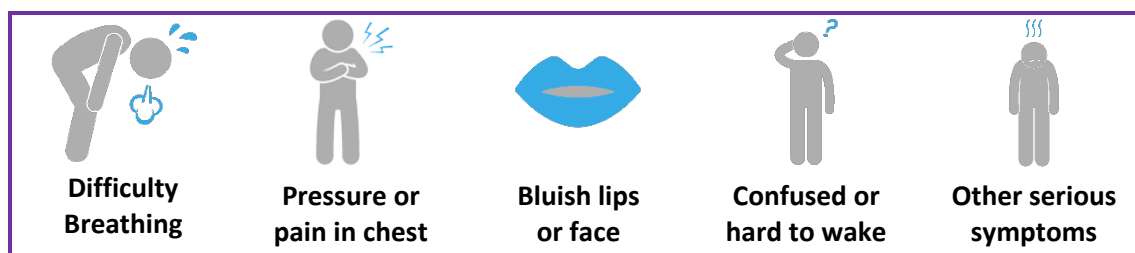


### GET A TEST AND TALK TO A DOCTOR:

- If you develop any of the symptoms listed above, or any symptoms that are not on the list that concern you, contact your healthcare provider and get tested for COVID-19. Make a note of the day when your symptoms first began.

- 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.
- 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 [lacounty.gov/testing](https://lacounty.gov/testing), or call 2-1-1. For more information about COVID-19 tests, click [here](#).
- Seek prompt medical care if your symptoms get worse. If they are life-threatening, call 911.

### Call 911 if there are emergency warning signs



## DEALING WITH STRESS

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- This is a worrying and stressful time. Visit the Los Angeles County Department of Mental Health's [COVID-19 webpage](#) and the 211LA webpage [211la.org/resources/subcategory/mental-health](https://211la.org/resources/subcategory/mental-health) for local resources to address mental health & wellbeing needs and concerns. In addition, guidance and resources, including information on crisis hotlines, are also available on the CDC webpage [Coping with stress](#).
- LA County residents have free access to [Headspace Plus](#). This is a collection of mindfulness and meditation resources in English and Spanish, as well as movement and sleep exercises to help manage stress, fear, and anxiety related to COVID-19.
- 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.