

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 live in the same house or are an intimate partner, caregiver, or a close contact with someone with symptoms of COVID-19 you will need to quarantine at home for at least 14 days. Close contact means being within 6 feet of a person with COVID-19 symptoms for more than 10 minutes, or having contact with their body fluids, and/or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea). 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 it is likely that many people with cold and flu-like symptoms have COVID-19. Most people do not need to see a doctor or get a test for COVID-19 because they will have a mild illness and get better at home. However, people should call their doctor early if they are 65 years and older, pregnant, 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 home for at least 3 days (72 hours) after 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 and if they are life-threatening, call 911. For more information see [Home Care Instructions for People with Respiratory Symptoms](#).

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 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 – 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.
- 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.