# What to do if you are sick with coronavirus disease 2019 (COVID-19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: **www.cdc.gov/COVID19**

# Coronavirus Disease (COVID-19)

## 1. What is a coronavirus?

Coronaviruses are a large family of viruses. Many of them infect animals, but some coronaviruses from animals can evolve (change) into a new human coronavirus that can spread from person-to-person. This is what happened with the new coronavirus known as SARS-CoV-2, which causes the disease known as COVID-19. Diseases from coronaviruses in people typically cause mild to moderate illness, like the common cold. Some, like the SARS or MERS viruses cause serious infections like pneumonia.

## 2. How are coronaviruses spread?

Like other respiratory illnesses, such as influenza, human coronaviruses most commonly spread to others from an infected person who has symptoms through:

- Droplets produced through coughing and sneezing
- Close personal contact, such as caring for an infected person
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

We are learning more each day about how easily the new coronavirus spreads and how long it takes for people to become sick. As information becomes available, we will keep you informed.

Do not assume that someone of a race or nationality is likely to have COVID-19; this new virus has infected people of many different races and nationalities across the entire world.

## 3. What are the symptoms of COVID-19?

Reported illnesses have ranged from people with mild symptoms to people becoming severely ill, requiring admission to the hospital, and dying.

Symptoms include:

- Fever
- Cough
- Difficulty breathing
- Severe illness

### Key Points

- Coronaviruses can spread through close personal contact or by touching an object or surface with the virus on it.
- Steps to prevent other respiratory infections will help to prevent Novel Coronavirus.
- Public Health is working hard to prevent the spread of novel coronavirus in LA County.
- Call 211 if you have additional questions

#### For more information:

**Los Angeles County Department of Public Health**

**Call 2-1-1**

http://publichealth.lacounty.gov/media/Coronavirus/

**Centers for Disease Control and Prevention (CDC)**
http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html

**World Health Organization**
https://www.who.int/health-topics/coronavirus

# Coronavirus Disease (COVID-19)

## 4. What should I do if I have these symptoms and recently traveled to an affected country?

Evidence from other countries suggest that like the flu, most people will have mild symptoms and should stay home until 24 hours after fever. Certain people should call their doctor early, including the elderly, pregnant women, those with compromised immune systems or underlying medical problems. If you are having difficulty breathing or keeping fluids down, go to an emergency room or call 911, otherwise it is better to call your doctor before going in to seek care.

You should also call a doctor if you have had close contact with a person who has COVID-19. Visit the Center for Disease Control (CDC) website for an up to date list of countries most affected by COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html

## 5. Can I get tested for the coronavirus?

Testing is not helpful if you do not have symptoms.  However, most people will get better with rest so there is no need to see a doctor if you have mild symptoms. If you develop difficulty breathing or cannot keep fluids down, see a doctor or call 911. Certain patients such as the elderly, those that are immune compromised or have underlying medical conditions should call their doctor earlier. If you have mild symptoms, there may be no need to go to a medical facility to see a doctor. If you have questions, please call the clinic or your doctor before going in.

## 6. How is novel coronavirus treated?

There is no specific treatment for illness caused by the novel coronavirus. However, many of the symptoms can be treated. Treatment is based on the patient's condition.

There is currently no vaccine to prevent novel coronavirus. Be aware of scam products for sale that make false claims to prevent or treat this new infection.

## 7. Is the Coronavirus spreading in the United States?

There have been several cases identified in the United States that have not had travel to affected country. This does suggest there is community spread in the United States and that spread may continue.

## 8. How can I protect myself when I travel?

At this time, the Centers for Disease Control and Prevention (CDC) recommends that people avoid all nonessential travel to countries that are most affected by COVID-19. Check the CDC COVID-19 Information for Travel webpage https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html for up-to-date recommendations. Taking steps to prevent the spread of respiratory infections, like the flu, will also help to prevent coronaviruses. Talk with your doctor before travel to make sure you have received the recommended vaccines and medications specific to your destination to protect your health.

# Coronavirus Disease (COVID-19)

## 9. What actions are being taken by the Federal Government regarding travelers from mainland China and Iran?

Because of the COVID-19 outbreak in mainland China and Iran, there are White House travel directives in place:

- Restricting all foreign nationals who have traveled or been in mainland China and Iran in the past 14 days from entering the US. This order can be renewed by the President every 14 days.
- Requiring all US citizens and their close family members returning from mainland China to enter through one of eleven airports in the US (including LAX), where they will be screened by US Customs and Border Protection agents.
    - If travelers are showing signs of respiratory illness, they will be sent for additional testing to a health care facility.
    - If travelers were in the Hubei Province at any time in the past 14 days, they will be quarantined at a secure location and monitored for illness for 14 days from their last exposure.
    - If travelers are returning from other places in mainland China and have been in close contact with a confirmed case of novel coronavirus, they may also be subject to quarantine for 14 days from last exposure.
    - If travelers are returning from all other parts of mainland China and they have not been in close contact with a confirmed case of novel coronavirus, they will be allowed to travel to their final destination where they will be monitored by their local public health department and asked to remain in their homes and avoid public places for 14 days from last exposure.

## 10. What actions are being taken by the Federal Government regarding travelers from other affected countries?

The CDC is recommending that any traveler from other countries with outbreaks of COVID-19 who may have fever, cough, or difficulty breathing, within 14 days after leaving should call their doctor and self-isolate (Avoid contact with others and not travel on public transportation while sick.)

## 11. How will Public Health monitor travelers who are self-isolated?

With the new travel guidance, Public Health will regularly monitor potential cases to see if they develop any symptoms or fever. This is the same process we use with other communicable diseases, such as measles. Public Health will also monitor contacts for 14 days after the time of their last exposure, after which time they are free of the risk of developing COVID-19.

# Coronavirus Disease (COVID-19)

## 12. What can I do to protect myself and others from respiratory infections like 2019-nCoV?

As with other respiratory illnesses, there are steps that everyone can take daily to reduce the risk of getting sick or infecting others with circulating viruses.

You should:

- **<u>Stay home when you are sick.</u>**
- Wash your hands often 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 readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Limit close contact, like kissing and sharing cups or utensils, with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Get a flu shot to prevent influenza if you have not done so this season.

## 13. Should I wear a facemask?

It is not recommended that people who are well wear a mask to protect themselves from COVID-19 unless a healthcare professional advises it. A facemask should be used by people with COVID-19 who have symptoms to protect others from getting infected. Health workers and other people who are taking care of someone infected with COVID-19 in a close setting should wear a mask.

## 14. Could there be school or business closures?

If COVID-19 is spreading widely through a community it may be necessary to recommend that schools or business close to help prevent the spread of disease**.** Public health is encouraging organizations and schools to review and update their emergency plans and consider ways to continue critical services if on-site operations must be reduced temporarily. Speak with your children's school or daycare center to learn about their emergency operation plan and prepare ahead for possible alternate childcare arrangements. Also speak with employers and learn about what you might be asked to do if there are closures or reduced operations at your worksite.

# Coronavirus Disease (COVID-19)

## 15. What can I do if I get stressed about COVID-19?

When you hear, read, or watch news about an outbreak of an infectious disease, it is normal to feel anxious and show signs of stress—even when the outbreak affects people far from where you live and you are at low risk of getting sick. It is important to care for your own physical and mental health. For tips on what you can do to help cope, read "Coping with Stress During Infectious Disease Outbreaks" on the Public Health website. For help, call the Los Angeles County Department of Mental Health Access Center 24/7 Helpline at (800) 854-7771 or call 2-1-1.

## 16. What else can I do?

- Find a healthcare provider if you don't already have one.
- Update your emergency kits with food, water and supplies to last a few days in case there is a need for quarantine. Although this is unlikely, it is important to be prepared as you would for any other emergency.
- Continue to encourage welcoming environments for ALL members of our community.
- Always check with reliable sources for the up-to-date, accurate information about novel coronavirus.
  - Los Angeles County Department of Public Health (LACDPH, County)
    - http://publichealth.lacounty.gov/media/Coronavirus/
  - California Department of Public Health (CDPH, State)
    - https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx
  - Centers for Disease Control and Prevention (CDC, National)
    - http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html
  - World Health Organization (WHO, International)
    - https://www.who.int/health-topics/coronavirus

If you have questions, and would like to speak to someone, call 2-1-1

# NOVEL CORONAVIRUS (COVID-19)
## What You Need to Know

Public Health is urging everyone to take precautions to slow the spread of COVID-19.

## How is it spread?

**Through droplets when an infected person coughs or sneezes**

**Close personal contact, such as caring for an infected person**

**The novel coronavirus is a new type of virus that recently started making people sick. It started in mainland China but is now infecting people around the world including those here in Los Angeles.**

## What are the symptoms?

**Fever**

**Cough**

**Difficulty Breathing**

## What can I do to protect myself and others from respiratory infections like COVID-19?

- Everyone particularly those who are 65 and over, those with underlying health conditions, and pregnant women should avoid any non-essential travel, public gathering, or places where large groups of people congregate.
- Stay home when you are sick.
- Limit close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Use facemasks only if you are sick or have been instructed to do so by your health care provider.
- Get a flu shot to prevent influenza if you have not done so this season.

COUNTY OF LOS ANGELES
**Public Health**

# Coronavirus Disease (COVID-19)

## 1. What should I do if I have symptoms and think I may have been exposed to novel coronavirus?

Most people with respiratory infections like colds, the flu, and coronavirus disease (COVID-19) will have mild illness and can get better with appropriate home care and without the need to see a provider. People who are elderly, pregnant, or have a weak immune system, or other medical problems, are at higher risk of more serious illness or complications. It is recommended that you monitor your symptoms closely and seek medical care early if your symptoms get worse.

If you are having difficulty breathing or keeping fluids down, go to an emergency room or call 911. Otherwise, it is better to call your doctor before going in to seek care.

You should also call a doctor if you have had close contact with a person who has COVID-19.

## 2. What should I do if I have no symptoms and think I may have been exposed to novel coronavirus?

If you are not sick, there is no need to do anything other than practice every day daily prevention and monitor yourself for symptoms of respiratory illness, such as fever and cough.  Should you become ill, follow the guidance in the section above.

*Everyday personal prevention actions include:*
- Stay home when you are sick. Stay home for at least 24 hours after you no longer have a fever or symptoms of a fever without the use of fever-reducing medicines.
- 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 alcohol-based 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. If you do not have a tissue, use your sleeve (not your hands).
- Limit close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes.

## 3. Can I get tested for the novel coronavirus?

If you are sick, your health care provider may decide to do a test for coronavirus.  Only health care providers can test for COVID-19. Since most people will get better with rest and time, there is no need to see a doctor if you have mild symptoms. If you are sick and think you should be tested for COVID-19, call your doctor before going in for care.

## 4. How is novel coronavirus treated?

There is no specific treatment for illness caused by the novel coronavirus. However, many of the symptoms can be treated.

There is currently no vaccine to prevent novel coronavirus. Be aware of scam products for sale that make false claims to prevent or treat this new infection.