What to do if you suspect you have COVID-19 disease

Please read this if:
- You suspect you might have COVID-19, but have not been tested for any reason
- You have been tested for COVID-19, but have not received your test results.
  - If your test comes back positive for COVID-19, please follow the directions on the handout for confirmed COVID-19 patients.
  - If your test result is negative, then you do not have COVID-19. If you have symptoms of illness, please follow guidance from your provider regarding safety and treatment.

1. About COVID-19
- COVID-19 (Coronavirus Disease 2019) is a new virus that is spreading from person-to-person. It is currently in the United States and many other countries.
- COVID-19 is spread:
  - through respiratory droplets when an infected person coughs or sneezes,
  - between people who are in close contact with one another (within about 6 feet),
  - by touching a surface or object with the virus and then touching the mouth, nose, or eyes.
- Most people will have only a minor illness with COVID-19. However, some people are at higher risk for serious COVID-19 disease, including people:
  - over 60 years of age,
  - with chronic health conditions such as lung disease, heart disease, or diabetes,
  - with weakened immune systems,
  - who are pregnant.

2. There is no specific medicine to treat COVID-19 disease
- Get plenty of rest, drink lots of fluids, eat healthy foods, and manage stress.
- Use acetaminophen or ibuprofen to reduce fever and aches and pains.
- Additional care in the hospital can help manage more serious problems or complications.

3. Monitor your symptoms
- If you are over 60 years of age or have a condition that puts you at higher risk for severe disease, monitor your illness even more closely and discuss any concerns with your doctor.
- If your symptoms get worse, you have difficulty breathing, or you develop other concerning symptoms, call your doctor immediately.
- If it is an emergency, call 911.

4. Call ahead before visiting a hospital, emergency room, or doctor’s office
- If you need to visit a hospital, emergency room, or doctor’s office, call ahead to notify them that you might have COVID-19. This will help the hospital or doctor’s office take steps to keep other people from getting infected.
5. **Stay at home except to get medical care**
   If you have symptoms of possible COVID-19 infection but have not been tested or are waiting for test results, you can help prevent the spread of COVID-19 to others in your home and community by doing the following:
   - **Stay at home.**
   - Do not go to work, school, or public areas.
   - Do not go out of the home except to get medical care.
   - If you need medical care, avoid using public transportation, ridesharing, or taxis.

6. **Protect your family and friends**
   - Clean your hands often with soap and water, or alcohol-based hand sanitizer.
   - Cover coughs and sneezes with a tissue and throw away used tissue in a lined trash can. Wash hands thoroughly with soap and water afterwards.
   - Avoid sharing personal household items like dishes, glasses, or bedding.
   - Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.

7. **Self-isolate for at least 3 days after you feel better**
   - **Remain isolated at home until 3 days after fever is gone and other symptoms are better.**
   - People who work in a healthcare setting should notify their occupational health office and follow any additional instructions before returning to work.

8. **Get more information on COVID-19**
   - Santa Clara County Health Department webpage: [www.sccphd.org/coronavirus](http://www.sccphd.org/coronavirus).
   - Centers for Disease Control & Prevention webpage: [www.cdc.gov](http://www.cdc.gov).
   - If you have any questions, call your doctor.