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

About COVID-19
- COVID-19 (Coronavirus Disease 2019) is a disease caused by a new virus (novel coronavirus) that is spreading from person to person. Common symptoms include fever, cough, and shortness of breath.
- COVID-19 is mostly spread:
  o between people who are in close contact with one another (within about 6 feet);
  o through respiratory droplets when an infected person coughs or sneezes;
  o by touching a surface or object contaminated with the virus and then touching the mouth, nose, or eyes;
  o also possibly through aerosols (tiny viral droplets) that can float in the air, though it is unknown for how long they float or how significant this kind of spread is.
- Most people will have relatively minor illness with COVID-19. However, some people are at higher risk for serious COVID-19 disease, including people:
  o over 50 years of age;
  o with chronic health conditions such as lung disease, heart disease, or diabetes;
  o with weakened immune systems;
  o who are pregnant.
- People with COVID-19 might be contagious as early as two days before their first symptoms and as late as weeks after becoming sick.

Treatment for COVID-19
- 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 to reduce fever and aches and pains.
- Go to the hospital if your symptoms worsen or you are having trouble breathing.

SECTION ONE: Patients Without Test Results

Please read this section if:
- You suspect you might have COVID-19 but have not been tested
- You have been tested for COVID-19 but have not yet received your test results

If you have been tested and already know the results, please skip to Section Two

1. Monitor your symptoms
- If you are over 50 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.
• The most common symptoms include fever, cough, and shortness of breath. Other symptoms can include chills, night sweats, sore throat, nausea, vomiting, diarrhea, tiredness, muscle or body aches, headaches, confusion, or loss of sense of taste/smell.

• If your symptoms get worse, you have difficulty breathing, or you develop other concerning symptoms, call your doctor.

• If it is an emergency, call 911. If you have been tested, tell them you are awaiting results.
  o Some emergency warning signs are trouble breathing, persistent pain/pressure in the chest, confusion or being unable to wake up, and bluish face or lips.

2. **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.

3. **Stay at home except to get medical care**
   • **Stay at home. Other people should get food and other necessities for you.**
     o Do not go to work, school, or public areas.
     o If you need medical care, avoid using public transportation, ridesharing, or taxis.

4. **Protect your family and friends**
   • **While at home, stay in a separate room with the door closed and away from other people in your household. Use a separate bathroom, if available.**
     o If a separate bathroom is not available, use the bathroom last after others, and then wipe down everything you touched afterwards.
   • Wear a face covering if you must be around other people at home. A bandana, scarf, or homemade cloth mask may be used. If you are not able to wear a covering, then people should not be in the same room with you. The time spent with other members of your household should be very limited.
   • 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 afterward.
   • 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.

5. **Self-isolate at home**
   • **If you have not been tested:**
     o Remain isolated at home until **at least 3 days after fever is gone and other symptoms are better.**
   • **If you have been tested and are waiting for your results:**
     o Remain isolated at home **until your provider contacts you with the results.**
• If your self-quarantine period is over, you can return to your usual routine while following the Shelter in Place and social distancing orders. Wear reusable, non-medical cloth face coverings when going out for essential services.

NOTE: If you work in a healthcare setting, you should notify your employee/occupational health office as soon as you begin showing symptoms.

You should follow any additional instructions from your employer.

SECTION TWO: Patients With Test Results

Please read this section if:
• You have been tested and already know the result

If your test result is POSITIVE:

1. Continue to monitor your symptoms
   • See item #1 in Section One.

2. Self-isolate for 14 days and until your illness is better
   • Remain isolated at home for at least 14 days after your positive test results OR for 7 days after fever is gone and other symptoms are better, whichever is longer.
   • Continue to protect your family and friends.
     ▪ See item #4 in Section One.

3. People who live with you should self-quarantine for 14 days
   • Household members should self-quarantine for 14 days after their last close contact with you while you were sick, before you started your isolation in a separate room.
   • During the quarantine period, they can stay at home but should separate as much as possible from you. If possible, they should stay in separate rooms and use a separate bathroom.
   • As always, everyone in the home should follow the instructions of the County of Santa Clara shelter-in-place order.
   • If they need to go out of the house, they should practice strict social distancing and avoid contact with others.
4. During the quarantine period, your household contacts should monitor themselves for symptoms

- If they develop fever, cough, or other symptoms, they should call their doctor.
- Before visiting a hospital, emergency room, or doctor’s office, they should call ahead to notify the provider that another household member was recently diagnosed with COVID-19.
- If your household contact develops fever, cough, or other respiratory symptoms but does not get tested for COVID-19, they should remain isolated at home until at least 3 days after fever is gone and other symptoms are better.

**If your test result is NEGATIVE:**

- You likely do not have COVID-19. Your provider may want to further discuss the meaning of this result with you.
- You should remain isolated at home until 3 days after fever is gone and other symptoms are better.

**For more information on COVID-19:**

- Visit the Santa Clara County Health Department webpage: [www.sccphd.org/coronavirus](http://www.sccphd.org/coronavirus)
- Visit the Centers for Disease Control & Prevention webpage: [www.cdc.gov](http://www.cdc.gov)
- If you have any questions, call your doctor.
- You can also call the Santa Clara County Public Health Department at 2-1-1.