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 likely do not have COVID-19. Your provider may want to further discuss the meaning of this result with you.

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. Common symptoms include: fever, cough, and shortness of breath.
- 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. Tell them that you have been diagnosed with COVID-19 disease.
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. Follow the instructions of the County of Santa Clara shelter-in-place order.
   • 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 at home
   • If you have not been tested:
     o Remain isolated at home until 3 days after fever is gone and other symptoms are better.
     o People who work in a healthcare setting should notify their occupational health office and follow any additional instructions before returning to work.
   • If you have been tested and are waiting for your results:
     o Remain isolated at home (in a room separate from others in your home, if possible) until your provider contacts you with the results.

8. Get more information on COVID-19
   • Santa Clara County Health Department webpage: www.sccphd.org/coronavirus
   • Centers for Disease Control & Prevention webpage: www.cdc.gov
   • If you have any questions, call your doctor.
   • How to disinfect your home if someone is sick: www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html