

WHAT TO DO IF YOU HAVE SYMPTOMS OF COVID-19

What is COVID-19?

COVID-19 is a contagious respiratory illness that spreads from person to person through respiratory droplets when an infected person coughs, sneezes, talks, or breathes.



Fever or chills
(above 100.4°F/38°C)



Dry cough



New loss of smell or taste



Nausea or vomiting



Shortness of breath or difficulty breathing



Muscle or body aches



Sore throat



Headache



Diarrhea



Fatigue



Congestion or runny nose

COVID-19 SYMPTOMS

Call 911

if symptoms worsen or are life-threatening



Chest pressure

Confused or hard to stay awake



Severe difficulty breathing

Bluish lips or face



Where to get tested for COVID-19 in California?

Testing

Find your nearest testing location:
1-888-634-1123 or
covid19.ca.gov/testing-and-treatment

Uninsured or Medi-Cal

Uninsured patients or Medi-Cal patients without a health plan, call the 24/7 Medi-Nurse line:
1-877-409-9052

Access Healthcare

For help with access to healthcare & insurance coverage, call Health Consumer Alliance (HCA):
1-888-804-3536 or
TTY 1-877-735-2929



Stay home if you have symptoms of COVID-19 and notify your employer.



Isolate yourself from others in your home as much as possible and arrange beds, couches, and chairs to maintain a 6-foot (2-meter) distance.



If you have symptoms, wear a cloth face covering when around others, including your family.



Avoid social gatherings and celebrations (birthday parties, weddings, BBQs).



Avoid sharing personal items with others (food, cups, gloves, handkerchief).



Wash hands frequently front and back and between fingers for at least 20 seconds using soap and water. If soap and water are unavailable, use hand sanitizer that is at least 60% alcohol.

Clean & Disinfect Your Home

Clean: First, remove dirt from surfaces by cleaning with soap and water.

Disinfect: Next, use a bleach solution (1 tablespoon bleach per 1 quart water) or a solution of at least 60% isopropyl alcohol to kill the virus. Leave disinfectant on surfaces for 5-10 minutes, then wipe down.

Safety Notes: Always read labels. Never mix bleach with anything other than water. Open windows when using bleach and other disinfectants.

IS THERE A CURE OR TREATMENT?

There is no specific treatment for COVID-19. However, many of the symptoms can be treated and vaccines are currently being developed.

CAN I GET INFECTED AGAIN AFTER I RECOVER?

Scientists are still trying to understand how the virus affects people who have already gotten sick. It is important to continue practicing the same physical distancing measures.

WHEN CAN I GO BACK TO WORK?

Return-to-work guidance differs by county in California. Check in with your healthcare provider and your employer to learn more about how many days you must be symptom-free and if you need to obtain a negative test result before you can return to work.

WHAT ARE MY RIGHTS?

- You have the right to a safe workplace & safety training.
- You have the right to speak out about health & safety on the job.
- You may be eligible for paid time off for COVID-19 related absences.



UCLA
Labor Occupational Safety & Health Program



UC DAVIS
Western Center for
Agricultural Health and Safety

