

# Caring for Myself & My Community During Covid-19

## How can I protect myself and my family from COVID-19?

To help stop the spread of coronavirus there are simple steps that you can practice daily:

- Stay home as much as you can!
- Wear a mask or face cloth when you are near people outside your home
- When outside for essential activities, keep at least 6ft between yourself and others
- Wash your hands with soap for 20 seconds often & disinfect commonly touched surfaces
- Use a tissue or your arm to cover your cough and sneezes



## How can I get tested for COVID-19?

You can get tested whether you have symptoms or not. Testing is free, and you do not need health insurance. Your immigration status doesn't matter, and getting tested will not count against you under the Public Charge rule. You can make an appointment for testing with your own medical provider. If you don't have a medical provider, you can sign up for testing at [corona-virus.la/covid-19-testing](https://corona-virus.la/covid-19-testing).



If you do not have access to the internet or a computer, dial 311 to arrange an appointment. Drive through and walk-up testing sites are available, but you cannot get tested without an appointment!

## What are common symptoms for COVID-19?

Symptoms for coronavirus are different for everyone. But, you may have COVID-19 if you have any of the following:



- Fever or chills
- Cough
- Difficulty breathing
- Fatigue
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Headache
- Diarrhea
- Muscle or body aches

For a complete list of symptoms, go to [cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

Symptoms may appear 2 to 14 days after exposure.

If you develop serious symptoms such as difficulty breathing, pain or pressure in your chest, bluish lips or face, or a new onset of confusion or difficulty waking up, call 911 or go to an emergency room.

## What should I do if I have to go out for medical care or to get tested for COVID-19?

If possible, do not use public transportation. If you are able to, use a private vehicle. If you cannot drive yourself, keep as much distance as possible between you and the driver, wear a mask, and if possible, leave the car windows down.



## What should I do if I think I may have COVID-19?

If you are experiencing symptoms or believe you have been exposed to someone with COVID-19, you should **self-isolate** immediately and get tested.

**Self-isolation** means you end all contact with all people, including family or others in your home. Do not go to work, school, the grocery store or other public areas. Do not have visitors, do not share spaces with others, do not cook for others and do not handle pets. Use a separate bathroom, or if that's not possible, clean the bathroom after use.

If you have symptoms, you must stay home until all three of the following are true:

- At least 10 days have passed since your symptoms first appeared
- You have not had fever for at least 72 hours (without the use of medicine that reduces fevers)
- Your respiratory symptoms have improved (for example, cough or shortness of breath)

If you tested positive for COVID-19, but never had any symptoms:

- You must stay home for 10 days after the test was taken, but if you develop symptoms, you need to follow the instructions above

You can find more information about how to home isolate at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).



## What should I do if I have been in close contact with someone diagnosed with or suspected of having COVID-19 (even if I don't have symptoms)?

COVID-19 is highly contagious. If you have been in **close contact** with someone who has COVID-19, you need to get tested and **quarantine at home** for 14 days from your last contact with the infected person in order to prevent spreading the virus. During the quarantine period, you must limit your contact with others the same way as people do who are self-isolating.



Being in **close contact** means: (1) being within 6 feet of the infected person for more than 15 minutes or (2) having unprotected contact with an infected person's body fluids (for example, being coughed or sneezed on, sharing utensils, or providing care without wearing protective equipment).

You can find more information on home quarantining, and how to calculate when the quarantine period ends, at [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine).

## What resources are available if I can't self-isolate at home?

LA County has made available, at no cost, a limited number of temporary **Medical Sheltering** sites with medical staff onsite for people who have tested positive or been exposed to COVID-19 and are not able to self-isolate in their current living environment. You will not be allowed to leave the housing area until after your isolation period ends.

To be referred to a medical sheltering site, please call 833-540-0473 or 211. You can find out more at [covid19.lacounty.gov/medical-sheltering](https://covid19.lacounty.gov/medical-sheltering).

## What if I need food or household items delivered or need other assistance?

- The County has the **Critical Delivery Service** for food and household items for a limited number of people who have, or have been exposed to, COVID-19. You order and pay for the food through a store; the Critical Delivery Service picks up the food and delivers it to you at no cost.
- If you have SNAP benefits, you may order food delivery through Amazon at [amazon.com/snap-ebt](https://amazon.com/snap-ebt).



To find out more about the Critical Delivery Service, call 888-863-7411 or go to [wdacs.lacounty.gov](https://wdacs.lacounty.gov).

The County also has a **COVID-19 Resource Line** for questions about how to care for yourself and others and how to access other resources. You may call 833-540-0473 daily from 8am to 8:30pm, or call 211. Interpreters for most languages are available at all phone numbers. Resources are also at [corona-virus.la/resources](https://corona-virus.la/resources), at [ph.lacounty.gov/media/Coronavirus/resources.htm](https://ph.lacounty.gov/media/Coronavirus/resources.htm), or at [211la.org](https://211la.org).

## What is contact tracing?

Contact tracing is an important step in slowing the spread of COVID-19. If you test positive, County health workers will reach out to you to share important next steps and connect you to resources to help you self-isolate. They will also ask questions about the places you have been and the people you have spent time with in order to notify them that they may have been exposed to COVID-19.

Health workers will not share your identity with the people you name, so please answer fully and truthfully. Your honesty could save lives. Afterwards, County health workers will contact the people you identify by phone call, text, or email to let them know that they were in contact with an infected person and should get tested and quarantine to prevent further infecting their loved ones.

The personal information of everyone contacted throughout this process is confidential and will not be shared. Health workers will never ask about your immigration status, social security number, or bank account number.

## Will getting tested or treated for COVID-19 affect my immigration status?

All prevention and treatment programs and services provided by the City and County in response to COVID-19 are open to all and will **not** affect you negatively under the Public Charge rule analysis.

If you have questions about the Public Charge rule, please contact a qualified immigration attorney.

You can find more information and legal resources on the Public Charge rule at [lamayor.org/strong-families-la](https://lamayor.org/strong-families-la). We encourage all Angelenos to obtain the needed resources to stay healthy.



More information about the City of LA response to COVID-19 and answers to frequently asked questions are at [corona-virus.la](https://corona-virus.la). More information about the County of LA response and answers to frequently asked questions are at [ph.lacounty.gov/media/Coronavirus/](https://ph.lacounty.gov/media/Coronavirus/). If you are a business and need to locate the protocols, you can also find them on the County website.