

Confronting COVID-19: L.A. County Responds

Today's Tips: What should I do if I feel sick?

Stay Home

Stay home if you feel sick, even if your symptoms are mild. It's better for you and it keeps others from getting sick, too. **Do not go to work**, school, or public areas, and do not use public transportation.

Call Your Health Care Provider

Call your doctor **before** going in and seeking care in person. Most people will get better with rest so there is usually no need to see a doctor if you have mild symptoms.

If you need help finding medical care, call the Los Angeles County Information line 2-1-1, which is available 24/7. You can also locate a provider by going to DHS.LACounty.gov.

If you are having difficulty breathing or keeping fluids down, go to an emergency room or **call 911** right away.

Know your Risks

When you call, tell your doctor about your symptoms as well as exposure to someone who has COVID-19 or any recent travel (Visit the [Center for Disease Control \(CDC\) website](https://www.cdc.gov) for an up to date list of countries most affected by COVID-19)

Certain people such as the elderly, pregnant women and those with compromised immune systems or underlying medical problems are also at higher risk and should communicate with their health care professional as soon as possible if they feel ill.

If you come into contact with someone with COVID-19

You should also call a doctor if you have had close contact with a person who has COVID-19, even if you are not yet showing symptoms.

Need more information?

Go to <http://publichealth.lacounty.gov/media/Coronavirus/>