

WHAT TO DO IF YOU'RE SICK



If you have a fever, cough or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home.



Below are some recommendations that the California Department of Public Health has provided if you have tested positive for COVID-19.

Stay Home

Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.



Take Care of Yourself

Get rest and stay hydrated by drinking plenty of fluids like water. Take over-the-counter medicines, such as acetaminophen, to help you feel better.



Stay in Touch With Your Doctor

Call before you get medical care. Call your doctor or the Medi-Nurse line at (877) 409-9052. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, like pain or pressure in your chest, or if you think it is an emergency.



Separate Yourself From Other People

Stay in a specific room and away from other people in your home as much as possible. Open windows for fresh air. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



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Cover Your Cough and Sneezes

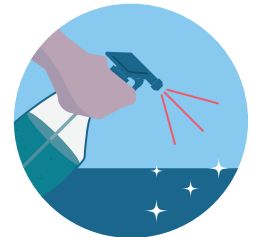
Cover your mouth and nose with a tissue when you cough or sneeze. Throw away used tissues in a lined trash can.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean and Disinfect High-Touch Surfaces

Clean and disinfect all surfaces that are touched often, like counters, tabletops, doorknobs, keyboards and bedside tables. Use soap and water and household cleaning sprays and wipes according to the label instructions.



Emergency

For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

911

Immigrant Community

Do not let fear stop you from getting necessary treatment because avoiding health care services if you have COVID-19 can put your health at serious risk. This will help keep you, your family, and your community healthy.

If you're undocumented or don't have insurance, you can still get COVID-19 testing and treatment through Medi-Cal. Medi-Cal care for COVID-19 related testing or treatment alone DOES NOT count under the public charge rule. For more information, call Medi-Nurse at (877) 409-9052.

