COVID-19: Know the Facts

Your Actions Save Lives. As Californians, we must all do our part to protect ourselves, our friends and our families from COVID-19. If you do get sick, there are steps you can take to protect others and minimize the spread. Learn more and find resources at **covid19.ca.gov**.

What is COVID-19?

Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.

How to protect against COVID-19

Everyone is at risk of contracting COVID-19, but you can reduce the threat if you:

- Wear a mask
- Keep your distance - stay at least 6 feet apart
- Wash your hands often, for at least 20 seconds, with soap and warm water
- Avoid interacting with people who are sick
- Stay home when possible
- Get vaccinated when it's your turn

How to know if you have COVID-19

Symptoms may appear 2-14 days after exposure and can vary from person to person. Symptoms to look for can include, but are not limited to:

- Loss of taste or smell
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you think you have COVID-19

If you may have been exposed or show symptoms of COVID-19, it is important to **stay home, avoid physical interactions with others** and **get tested**.

What to do if someone in your home has COVID-19

- The caregiver should not be someone who is at higher risk for severe illness from COVID-19.
- Try to stay at least 6 feet away from the sick person at all times.
- If possible, have the person who is sick use a separate bedroom and bathroom.
- The person who is sick should eat (or be fed) in their room, if possible.
- Shared space: If you must share space, wear a mask and make sure the room has good airflow. Open the window to increase air circulation. Improving ventilation helps remove respiratory droplets from the air.
- Use separate dishes and utensils. Wash dishes and utensils using gloves and hot water. Handle anything used by the person who is sick with gloves.
- Clean hands after taking off gloves or handling used items.

COVID-19 testing and treatment alone, including vaccinations, are free, regardless of income or immigration status, and do not count under the public charge rule. Appointments may be required and can be made through your regular healthcare provider or usual source of care like a local clinic, or by visiting **covid19.ca.gov/get-tested** or calling 1-833-422-4255.

For more information on COVID-19, including testing and treatment, visit **covid19.ca.gov**. Learn more about getting vaccinated at **VaccinateALL58.com**.

covid19.ca.gov

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