Background

Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the SARS-CoV-2 virus. COVID-19 originated in China in late 2019, then quickly spread across the globe, and the World Health Organization (WHO) designated COVID-19 a global pandemic in March 2020. After more than a year, with surges in cases, and development of a vaccine, the pandemic is not yet over. The latest situation summary updates are available on the U.S. Centers for Disease Control and Prevention's (CDC's) COVID-19 website and the California Department of Public Health (CDPH) COVID-19 website.

Signs and Symptoms

- People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness.
- Symptoms may appear 2-14 days after exposure to the virus, and may include: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea. For the latest information about symptoms, see the CDC website: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html
- Emergency warning signs to seek immediate care include: difficulty breathing, persistent pain or pressure in the chest, new confusion, bluish lips/face, and inability to wake or stay awake.
- Testing is now readily available statewide.

Know How it Spreads

COVID-19 is spread in three main ways:
- Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.
- In some circumstances, respiratory droplets may contaminate surfaces they touch.
- People who are closer than 6 feet from the infected person are most likely to get infected.
- Some people who are not showing symptoms (asymptomatic) may be able to spread the virus.

COVID-19 Precautions

People who are not vaccinated should:

- ✓ Get a COVID-19 vaccine as soon as you can.
- ✓ Wear a mask that covers your nose and mouth to help protect yourself and others.
- ✓ Stay 6 feet apart from others.
- ✓ Avoid crowds and poorly ventilated spaces, and improve ventilation.
- ✓ Wash your hands often with soap and water and use hand sanitizer.
- ✓ Cover coughs and sneezes. Always cover your mouth and nose with a tissue or use the inside of your elbow.
- ✓ Routinely clean and disinfect frequently touched surfaces. This includes tables, doorknobs, light switches, countertops, desks, phones, keyboards, printers, toilets, faucets, and sinks.
- ✓ Clean with disinfectants listed by the EPA for use against SARS-CoV-2, the virus that causes COVID-19.
- ✓ CDC recommends delaying travel until you are fully vaccinated.

People Who are at Higher Risk

According to the CDC, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness or complications from COVID-19. This includes:
- People 65 years and older and those who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, such as: chronic lung disease; cancer; heart conditions; obesity; diabetes; chronic kidney disease; liver disease and those who are immunocompromised.

If You Are Exposed to Someone with COVID-19

If you have close contact with someone who has COVID-19, you may need to quarantine and monitor yourself for symptoms, unless you have been fully vaccinated or had COVID-19 in the past 3 months. See CDC Quarantine Guidelines.
A "close contact" is when you were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more.
If you are directed to quarantine:
- Stay home and monitor your health
- Stay home for at least 10 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4∘F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.

What to Do If You Are Sick

- If you have a fever, cough or other symptoms, you may have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed or ill, contact your healthcare provider.
- Do NOT come to work if you are sick or have been in close contact with someone diagnosed with COVID-19. Contact your supervisor and inform them of your status.
- If you have an emergency warning sign (including trouble breathing), get immediate medical attention.
- Keep track of symptoms, such as when they began, severity, medications used, and when they subside.
- If you have symptoms of COVID-19 and want to get tested, contact healthcare provider or schedule a test.
- Self-isolate. Stay home except to get medical care. Separate yourself from others at home.
- Avoid sharing personal items and practice the above precautions for protecting yourself & others.
- Follow CDC (or your doctor's) recommendations for when to discontinue home isolation.
- In general, persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
  - ✓ At least 10 days have passed since symptom onset, and
  - ✓ At least 24 hours have passed since resolution of fever without the use of fever-reducing medications, and
  - ✓ Other symptoms have improved.

> *This note is based on information from the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH).*
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> *For more information about public health guidance in your area, use this map to find your location and local public health department COVID-19 resources.*