

# COVID-19 UPDATE

# WHAT TO DO IF YOU FEEL SICK

As the COVID-19 virus continues to spread in Alameda County, we have issued a Shelter in Place order requiring residents to remain at home and reduce their risk of catching and spreading disease. This is especially important if you or others in your household start to feel sick.

**If you experience symptoms of any kind, don't panic. Follow the below guidelines:**

- Symptoms including but not limited to fever, cough, fatigue or body aches COULD be a sign of COVID-19, but do NOT necessarily require emergency care. Call your doctor for medical advice.
- Reach out to a doctor immediately if you have **any trouble breathing** — particularly if you're over 65 or have an underlying medical condition.
- If you don't get an immediate response and are experiencing severe symptoms, go to your local urgent care or emergency room or call 9-1-1.
- Wear a face mask when you are around others and before you enter a health care provider's office.
- Unless your doctor directs you to go obtain medical care, remain at home. Do not go to public places and avoid public transportation, including taxis and ride shares.
- If symptoms are mild, continue to monitor your health. Most cases will resolve on their own.

**If you are experiencing symptoms while at home, remember to:**

- Avoid close contact with members of your household.
- Cover your mouth and nose with a tissue when you cough or sneeze, throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands using a hand sanitizer that contains at least 60% alcohol.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with others. After using these items, wash them thoroughly with soap and water or place them in the dishwasher or washing machine.
- Keep surfaces as clean as possible to combat the spread of infection.
- When possible, have another member of your household care for your animals while you are sick. If you must care for your pets, wash your hands before and after each interaction.

**If you have questions or want to learn more about COVID-19 in Alameda County, call 2-1-1 for help or visit <http://www.acphd.org>.**

