

STAY HOME IF SICK

- Screen yourself for COVID-19 symptoms daily & stay home if you are sick.
 - 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

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Report COVID-19 symptoms or positive diagnosis immediately to your supervisor (or directly to HR) so that the City can comply with the Site Safety Plan and make appropriate notifications.

- Use the CDC's [coronavirus self checker](#) to help make decisions on when you may need to seek medical care.
- Follow public health guidance [for patients & contacts](#).

CDC: Steps to help prevent the spread of COVID-19 if you are sick

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

- [CDC: Steps to help prevent the spread of COVID-19 if you are sick](#)
- Contra Costa Health Services
 - [Get Tested](#)
 - [If you are sick](#)
 - [For patients and contacts](#)

Is it Cold, Flu or Coronavirus?

People with COVID-19 have had a wide range of symptoms, which may appear 2-14 days after exposure to the virus. Take steps to prevent spread, including staying home, keeping six feet from others, wearing a face covering, washing hands often, and regularly cleaning high-touch surfaces.

Get a fast & easy COVID-19 test at no cost to you.* Schedule an appointment online at cchealth.org/coronavirus or call 1-844-421-0804.

SYMPTOMS		COLD	FLU	CORONAVIRUS
	Fever	Rare	Yes, often high	Yes
	Cough	Mild to moderate	Yes	Yes, typically dry
	Shortness of breath	Rare	Yes	Yes
	Fatigue, weakness	Mild	Yes	Yes
	Headache	Rare	Yes	Sometimes
	Muscle aches	Slight	Yes, often	Yes
	Sneezing	Common	Sometimes	No
	Sore throat	Common	Sometimes	Sometimes
	Stuffy or runny nose	Common	Sometimes	Rare
	New loss of taste and smell	Common	Rare	Yes
	Nausea, vomiting, diarrhea	No	Sometimes in children, Rare in adults	Yes

*Testing will be at no cost to you & billed through your health insurance or free if you do not have coverage.



10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. 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 mask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



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



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

