

What is COVID-19?

COVID-19 is an infectious disease caused by a coronavirus. There are many types of coronaviruses and COVID-19 is a newly discovered coronavirus. People over 65, and people with chronic conditions such as diabetes and asthma, are more likely to be sick from COVID-19 and have trouble breathing.

How does COVID-19 spread?

Every time anyone coughs, sneezes, talks, or sings, they spray tiny droplets. If the person has COVID-19, these droplets contain the coronavirus. People who are close may breathe in these droplets and contract COVID-19. If you have no symptoms and test positive, you can be still contagious and can spread COVID to other people. If you have tested positive or you have been close to someone who has tested positive for COVID-19, quarantine/isolate for 10 days to help slow the spread.

COVID-19 Symptoms

People who have COVID-19 may have some or all of these symptoms:

- Cough
- Shortness of breath
- Fever
- Chills
- Repeated shaking
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Not everyone who has COVID-19 will have symptoms. This is called asymptomatic. Even if you are asymptomatic, you can still be contagious and spread COVID-19.

What can I do to protect myself and others from getting COVID-19?

- Get your COVID-19 vaccine
- Wash your hands regularly with soap and water
- Wear a mask when in public
- Do not touch your eyes, nose, or mouth
- Stay 6 feet away from people who do not live in your home
- Clean frequently touched surfaces every day
- Stay away from large groups of people

COVID-19 Care

Everyone who has tested positive for COVID-19, or has been close to someone who tested positive, must quarantine/isolate for 10 days.

- **No symptoms:** If you need to see a doctor, schedule a telehealth visit by calling our Patient Service Center or on your MyAltaMed account. You will be able to see a doctor over the phone or video without leaving your home.
- **Mild symptoms:** Treat your symptoms as you would the cold or flu. If you need to see a doctor, call our Patient Service Center or on your MyAltaMed account to schedule an appointment.
- **Severe symptoms:** If you struggling to breathe or have had a fever for more than 4 days straight, go to the nearest urgent care or emergency room.

