

What should I do if I think I have COVID-19, but haven't been tested?

If you have symptoms you think could be due to COVID-19, contact your healthcare provider. If you do not have a healthcare provider, call the Contra Costa Health Advice Nurse at 1-877-661-6230, option 1.

When you speak to your healthcare provider, tell them that you are concerned you may have COVID-19. If your healthcare provider agrees that your symptoms could be due to COVID-19, they will likely order you a test. Testing for COVID-19 has become more widely available in the Bay Area, and most healthcare providers can either test for this in their office or refer you to a facility that can do the testing.

Symptoms of COVID-19 may be difficult to tell apart from influenza and other respiratory illnesses. To be on the safe side, we recommend anyone with symptoms of COVID-19 **stay in their home until they are well** (also called "home isolation").

Deciding when you are well and can leave your home will depend on your symptoms. If you have mild symptoms:

- **Stay at home for at least 10 days after your symptoms began**; or
- **If you still have cough and fever after 10 days, continue to stay at home** until 3 days (72 hours) after your fever has gone away (without using a fever-reducing medication like Tylenol or ibuprofen) **AND** your symptoms like cough, body aches or sore throat have improved.

Special considerations for those who work in [Sensitive Occupations](#) or live in or frequently visit a [Sensitive Setting](#)

If you have symptoms of COVID-19 (fever, cough or shortness of breath) and work in, live in, or frequently visit a **Sensitive Occupation or Setting (SOS)****, contact your doctor right away and let your doctor know about your sensitive setting and the importance of COVID-19 testing.

People in sensitive settings are at greater risk of exposure to and transmission of COVID-19 and may be at greater risk of severe COVID-19 disease.

Persons with a **Sensitive Occupation or Settings (SOS) includes those who work, live in, or frequently visit the following types of facilities:

- Skilled nursing facility
- Nursing home
- Residential care facility
- Senior living facility
- Shelter
- Group home

- Residential treatment facility
- Day program
- Jail/detention facility
- Dialysis center/receives dialysis
- Clinic or hospital
- Emergency medical services/first responder
- Receives chemotherapy in facility