

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 fever and your other symptom such as cough, body aches, nausea, vomiting, headache, diarrhea, sore throat, fatigue have not improved after 10 days, continue to stay at home** until 24 hours after your fever has gone away (without using a fever-reducing medication like Tylenol or ibuprofen) **AND** your symptoms like cough, body aches, fatigue, nausea, vomiting, headache, diarrhea, or sore throat have improved.

You can also get tested, at no cost to you, at a state or county-operated site. You do not need a doctor's note to schedule a test, but you must make an appointment. To test at a Contra Costa Health Services test site in the cities of Antioch, Brentwood, Central Concord (Monument), North Concord, Martinez, Pinole, Pittsburg, Richmond, San Pablo, San Ramon, or Walnut Creek, you can [schedule an appointment online](#) or call [1-844-421-0804](tel:1-844-421-0804) seven days a week 7:00am to 3:30 pm to make an appointment.



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

