

# DO I NEED TO SELF-ISOLATE?

- ✓ I have tested positive for COVID-19
- ✓ I have symptoms and a healthcare provider thinks I have COVID-19

## HOW DO I SELF-ISOLATE?

- **STAY HOME** from work, school, and public areas
- **STAY AWAY** from others at home
- **TELL CLOSE CONTACTS** to self-quarantine for 10 days from the day they were exposed and monitor their health for the full 14 days
- **WEAR A FACE COVERING** if you must be around others
- **CLEAN & SANITIZE** any shared surfaces and rooms

## HOW LONG DO I SELF-ISOLATE?

- At least 10 days since symptoms started **and**
- No fever for at least 24 hours (without fever-reducing medicine) **and**
- Symptoms have improved



For more information, visit: [publichealth.lacounty.gov/coronavirus](https://publichealth.lacounty.gov/coronavirus)



**If you are a parent of child with special needs or an individual receiving services from the San Gabriel Pomona Regional Center and need personal protective equipment (PPE) please call your local Family Resource Center, Parents' Place at 626-919-1091.**

**We have a non-contact PPE pick up system available for you!!!**