

COVID-19: HOW DO I QUARANTINE AS A CLOSE CONTACT?

GLENN COUNTY PUBLIC HEALTH



If you have had close contact with a person who has tested positive for COVID-19, you will be asked to quarantine for at least 14 days after your last exposure to the person



WHAT IS CLOSE CONTACT?

- Within 6 feet of a person with confirmed COVID-19 for 15 minutes or more
- Direct physical contact, such as hugging or kissing
- Contact with respiratory secretions, such as a cough or sneeze close to you

How do I remain quarantined as a close contact?



Remain in your home or apartment. You should not leave your home for any reason, except to get emergency medical care



Monitor your symptoms. Watch for flu-like or cold-like symptoms, as well as fever. If you begin to experience these symptoms, make an appointment to get tested. A contact tracer will also check in with you every day to monitor your symptoms



Wear a mask and keep your distance from others in the household, especially people who are at higher risk of becoming very sick from COVID-19

GLENN COUNTY COVID-19 TESTING SITE

Walk-ins Welcome
7:00 AM-7:00 PM
Tuesday through Saturday

 **888-634-1123**
 <https://lhi.care/covidtesting>

Optum Serve Site
Orland Memorial Hall
320 3rd Street, Orland