

I TESTED POSITIVE FOR COVID-19, WHAT DO I DO?

GLENN COUNTY PUBLIC HEALTH



If you have tested positive for COVID-19, you will be asked to isolate for at least 10 days. A nurse will determine your quarantine end date following CDC guidance.

What are my next steps?



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



If possible, stay in your own room and use a separate bathroom. You should avoid being in common areas with other household members and avoid preparing food



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



A Public Health Nurse will call you to conduct a case interview. They will ask you questions regarding your symptoms and any close contacts you may have had. A contact tracer will check in with you every day to monitor your symptoms until the end of your self-isolation



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

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