

COVID-19 EXPOSURE: WHAT SHOULD I DO?

GLENN COUNTY PUBLIC HEALTH



What should I do if I have been in close contact with someone...



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

Who tested positive for COVID-19?

Who is being tested for COVID-19?

Who might have been exposed to someone with COVID-19?

and, DOES have symptoms?

and, DOES NOT have symptoms?

Who has been in contact with someone ELSE who might have been exposed?

Self-Quarantine and Self-Monitor

HOW DO I DO THIS?

- Stay home for at least 14 days from last day of exposure from the person
- Avoid contact with others
- Do not share household items
- Be alert for symptoms of COVID-19
- Call your doctor if you are having trouble breathing or a fever of 100.4°F/38°C or higher

Self-Monitor and Maintain Distance

HOW DO I DO THIS?

- Stay home as much as possible
- Stay at least 6 feet away from others
- Do not hug, kiss, or shake hands
- Wear a face covering in public
- Be alert for symptoms of COVID-19
- Call your doctor if you are having trouble breathing or a fever of 100.4°F/38°C or higher

Maintain Distance

HOW DO I DO THIS?

- Stay home as much as possible
- Stay at least 6 feet away from others
- Do not hug, kiss, or shake hands
- Wear a face covering in public

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