

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

By appointment only
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

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 from GCPH 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

By appointment only
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

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 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

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 until the end of your quarantine to monitor your symptoms

GLENN COUNTY COVID-19 TESTING SITE

By appointment only
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