COVID-19 EXPOSURE: WHAT SHOULD I DO?

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

Close Contact Examples
- 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 cough or sneeze close to you.

Who tested positive for COVID-19?
Self-Quarantine AND Self-Monitor

Who is being tested for COVID-19?

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

and, DOES have symptoms?
Self-Monitor AND Maintain Physical Distance

and, DOES NOT have symptoms?

Who has been in close contact with someone ELSE who might have been exposed.
Maintain Physical Distance

HOW DO I...

Self-Quarantine?
- Stay at home for 14 days from last day of exposure.
- Avoid contact with others.
- Don’t share household items.

Self-Monitor?
- Be alert for symptoms of COVID-19 especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down, along with other symptoms.
- Call your doctor if you have trouble breathing or a fever of 100.4ºF/38ºC or higher.

Physical Distance?
- Stay home as much as possible.
- Stay at least 6 feet away from people.
- Do not hug or shake hands.
- Avoid groups of people.
- Wear a face covering in public and when 6 feet of distance is not possible.

Getting Tested
- No cost tests at the fairgrounds in Chico.
- Make an appointment at https://lhi.care/covidtesting or call: 888-634-1123
- Visit buttecounty.net/ph to see other testing options.