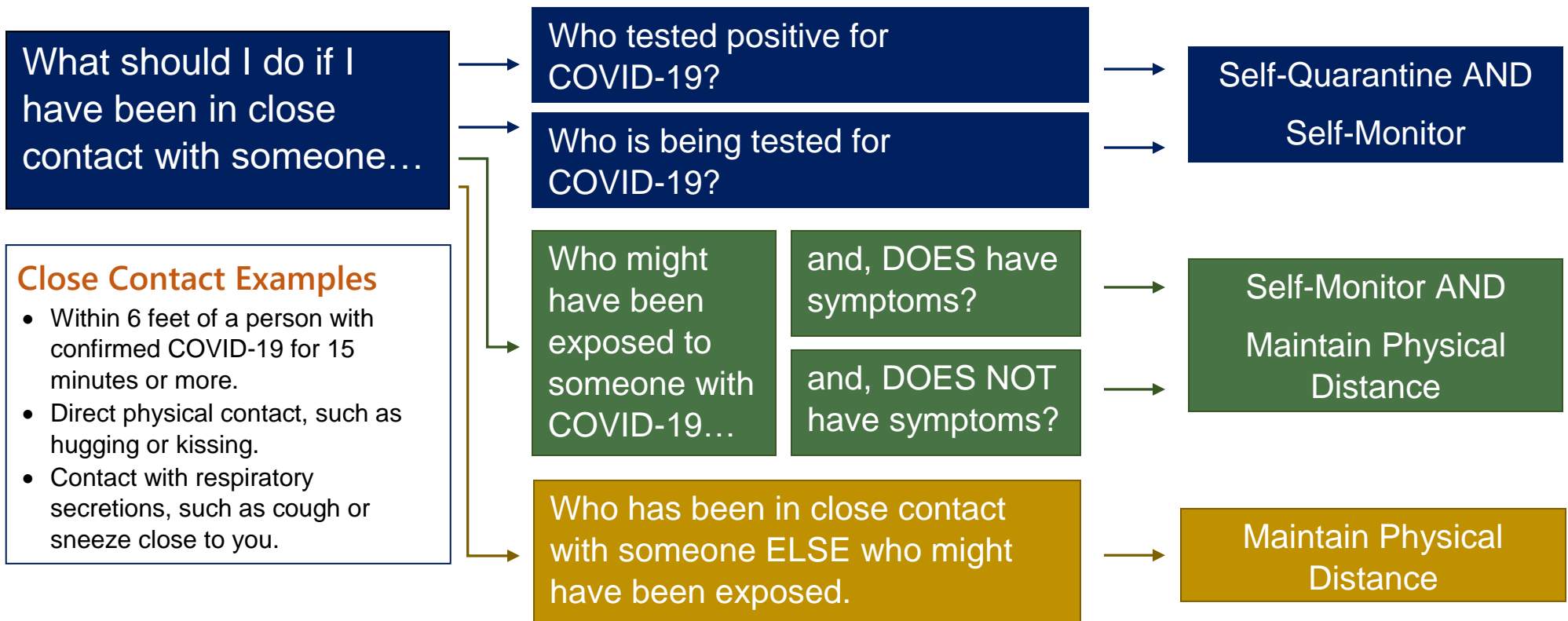


COVID-19 EXPOSURE: WHAT SHOULD I DO?



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.

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 100.4°F/38°C 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 costs 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.