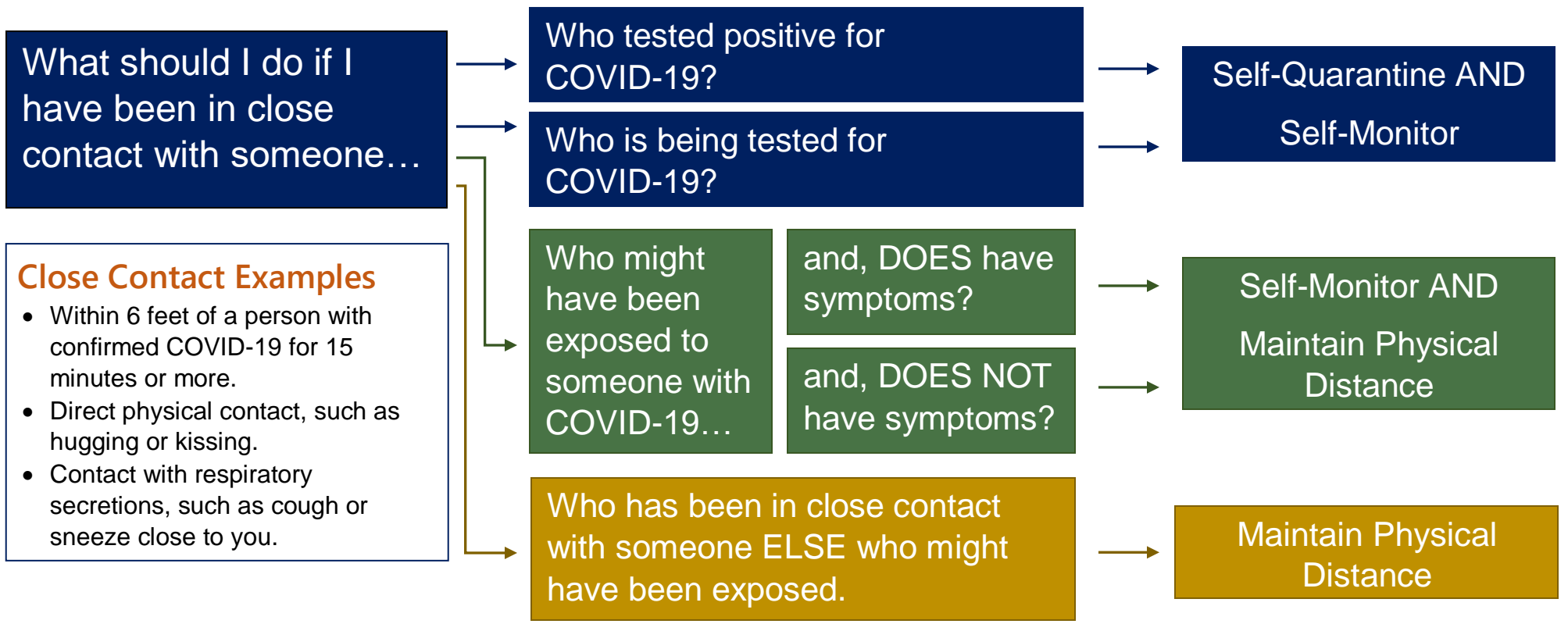


# COVID-19 EXPOSURE: WHAT SHOULD I DO?



## 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 cost tests at 900 Mangrove Ave. in Chico.
- Make an appointment at <https://hi.care/covidtesting> or call: 888-634-1123
- Visit [buttecounty.net/ph](https://buttecounty.net/ph) to see other testing options.