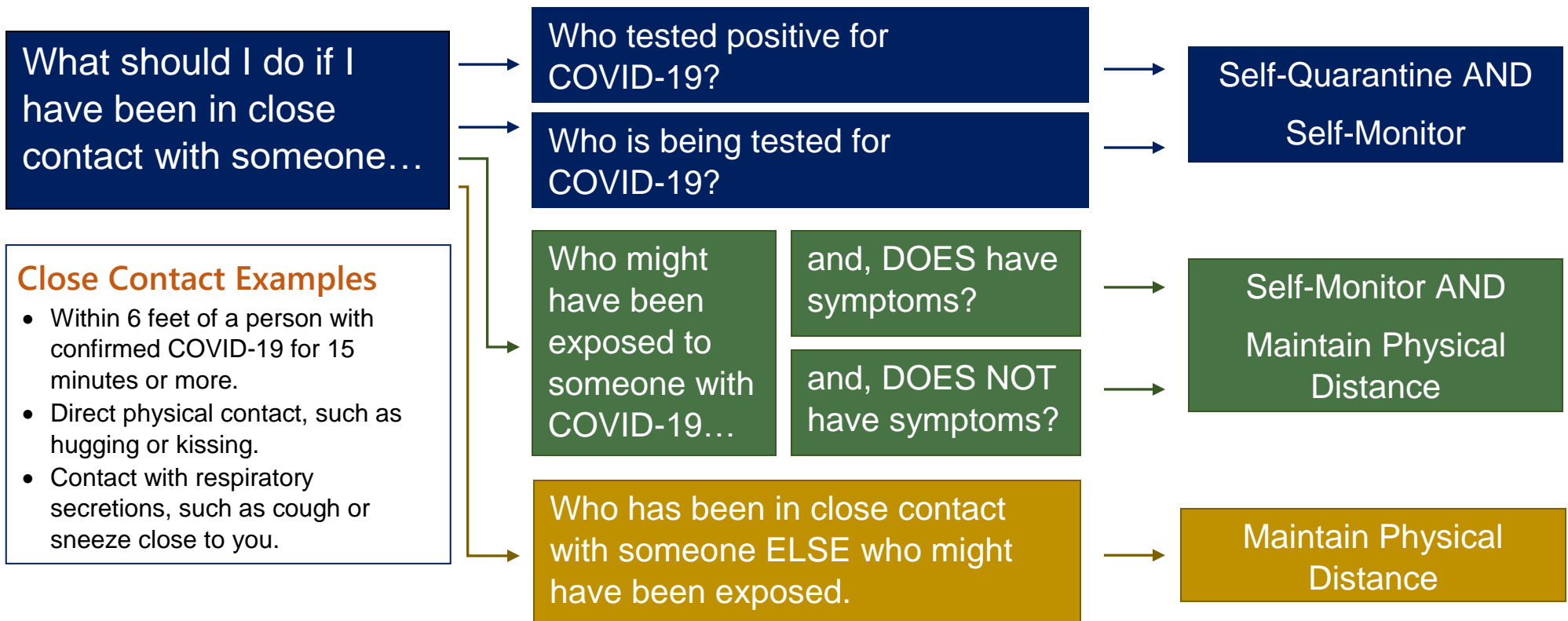


COVID-19 EXPOSURE: WHAT SHOULD I DO?



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 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.