WHAT TO DO WHEN IN QUARANTINE OR ISOLATION

If you are in quarantine or isolation due to COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care.
Do not go to work, school, or public places. Ask others to get essentials for you. **Avoid public transportation.**

Separate yourself from other people in your home who are not in quarantine or isolation. Try to stay in a specific "sick room" and use a separate bathroom if available. Limit contact with pets & animals

Call ahead before visiting your doctor
If you have a medical need, call your doctor or hospital, tell them you may have COVID-19 and follow their instructions.

Wear a mask if you are sick Wear a mask when you are around other people in your home and before you enter a healthcare provider's office.

Cover your coughs and sneezes
Cover your mouth and nose with a tissue when coughing or sneezing. **Dispose** of the tissue in a lined trash can. **Wash your hands** immediately after for 20 seconds.

Clean your hands often
Wash your hands often with soap and water for 20 seconds or **use hand sanitizer** alcohol based, with at least 60% alcohol if soap and water are not available.

Avoid sharing personal household items.
Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home who are not in quarantine or isolation

Clean all "high touch" surfaces everyday
Everyday, clean high-touch surfaces in your area like: phones, remote controls, counters, tabletops, doorknobs, toilets, keyboards, tablets and bedside tables.

Monitor your symptoms
Seek medical care right away if your illness is worsening, but call first.
Follow care instructions from your healthcare provider and local health department. Your local health dept. will give you instructions on checking your symptoms and reporting information.

Follow quarantine order
Failure to follow quarantine instructions may result in civil or criminal penalties.

If you develop symptoms for COVID-19 call Colusa County Department of Public Health

For More Information (530) 458-0380

COVID-19 SYMPTOMS INCLUDE:
- Fever|Sore throat|New or worsening shortness of breath|New or worsening of cough
- Please consult your medical provider for any other symptoms that are severe or concerning.
- Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.