

WHAT IS COVID-19?

COVID-19 is a respiratory illness caused by a new coronavirus. It is spread person-to-person mainly through respiratory droplets when coughing or sneezing. Persons without symptoms may also spread the virus. Persons who are older or who have pre-existing medical conditions may be affected more severely. There is no specific treatment for COVID-19.

Watch for symptoms

Symptoms may appear 2-14 days after exposure. If you are sick, stay home except to get medical care.


- **Fever**
- **Cough**
- **Shortness of Breath**
- **Sore Throat**
- **Headache**
- **Chills**
- **Muscle Aches**
- **Abdominal Pain**
- **Nausea/Vomiting**
- **Diarrhea**


ADDITIONAL RESOURCES


Centers for Disease Control and Prevention
<https://www.cdc.gov>

California Department of Public Health
<https://www.cdph.ca.gov>

CONTACT US

 Public Health
(530) 458-0380

 Human Services
(530) 458-0250

 251 E. Webster St.
Colusa, CA 95932
www.countyofcolusa.com



Public Health
Prevent. Promote. Protect.

CORONAVIRUS COVID-19



www.countyofcolusa.com

STAY HOME IF YOU ARE SICK

If you have mild symptoms (not sick enough to be hospitalized):

- Self-isolate at home
- Avoid close contact with others
- Stay home for
 - at least ten days from the start of symptoms, AND
 - at least 72 hours after fever is gone, AND
 - until respiratory symptoms have improved
- Do not visit public areas or use public transportation or taxis



SEVERE SYMPTOMS

- If you have severe symptoms, call your healthcare provider immediately.
- Call ahead so you can be safely evaluated to prevent exposing others.
- Your healthcare provider will evaluate you and determine the best course of action for your illness.

STAY HEALTHY STAY PROTECTED

You can follow these steps to stop the spread of the disease:



- Isolate at home and practice physical distancing (about 6 feet)
- Wash your hands often with soap and water for at least 20 seconds
- Cover your face with a mask, cloth, bandanna, or other cotton material when in public conducting essential activities
- Avoiding touching eyes, nose or mouth with unwashed hands
- Cover your cough or sneeze with a tissue or your elbow
- Stay home if you feel sick

IMMIGRATION STATUS: YOU ARE PROTECTED



You have the right to receive medical attention regardless of your immigration status.

HEALTH CARE PROVIDERS



AMPLA Health - Arbuckle
89 Putnam Way
Arbuckle, CA 95987
Ph: 530-458-8635

AMPLA Health - Colusa
555 Fremont St.
Colusa, CA 95932
Ph: 530-458-8635