



Public Health Brief

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Wednesday July 15, 2020

Information on COVID-19 and Testing

The following are instructions regarding COVID-19 symptoms and testing. Due to the high volume of people being tested across California, it may take some time before your test result is available. This document includes instructions on what to do while you are waiting for your test results. The instructions depend on whether you have symptoms of COVID-19 and whether you have been exposed to someone with COVID-19.

If you have **symptoms** of coronavirus (fever, cough, difficulty breathing, headache, body aches, sore throat, nasal congestion or runny nose, loss of taste or smell, nausea, vomiting, or diarrhea), **PLEASE GET TESTED!** Then **STAY HOME** and away from other people in your household until you receive your test result. Wear a face covering at home if you can't stay 6 feet away from people you live with. **DO NOT** go to work, run errands, or visit in-person with others.

If you test positive and you live in Alpine County, someone from Alpine County Public Health will contact you by phone. If you test positive and you live in another county, someone from the public health department in your home county will be contacting you.

If you **don't have symptoms but you know you have been exposed** to someone with coronavirus, **CALL US TO ARRANGE TESTING!** Then **STAY HOME** and away from other people in your household until you receive your test result. Wear a face covering at home if you can't stay 6 feet away from people you live with. **DO NOT** go to work, run errands, or visit in-person with others. If you were within 6 feet of an infected person for 15 minutes or more or came into contact with their secretions (coughed on, kissed, shared food or drink, or similar), you need to stay home under quarantine for 14 days after your exposure even if your test result is negative. This is because the virus that causes COVID-19 can take up to 14 days to make someone sick after they are exposed. If your test result comes back negative but you



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Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

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developed symptoms since you got tested, you need to get tested again. A negative test only means that you were not infected at the time you were tested; it does not mean that you aren't infected now.

If you **don't have symptoms and don't have any known exposures** to someone with coronavirus, you may decide to get tested. You do not need to stay home while you are awaiting your test results. You should monitor yourself for symptoms every day. If you develop any symptoms, STAY HOME. If your test result comes back negative but you developed symptoms after you got tested, you need to get tested again. A negative test only means that you were not infected at the time you were tested; it does not mean that you aren't infected now.

Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

The more symptoms, the higher the likelihood of COVID, but any single symptom could indicate COVID.



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15+ Minutes



Less than 6 feet



Have you spent **more than 15 minutes within 6 feet** of a laboratory confirmed **COVID-19 positive person**?

YES

Do you have Symptoms?

NO

Self Monitor

If you develop symptoms

YES

Get tested

NO



- Self Monitor for 14 days.
- Quarantine at home.
- Get tested on day 5, 6, or 7 AND day 12, 13, or 14.
- If test is positive, isolate for 10 days from specimen collection.



- Isolate at home for 10 days from symptom onset AND 72 hours without fever, AND improved symptoms.



Are there multiple cases in your workplace, school, or other groups?

Yes

- Isolate as if positive per new CDPH guidance: www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19Workplace-Outbreak-Guidance.aspx

No

- Return to work 72 hours after symptoms improve



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What is the difference between isolation and quarantine?

Isolation: No contact with anyone else in the household. Only use own bedroom and bathroom. This is for people with symptoms and/or infection.

Quarantine: Stay home and do not go out into public places. This is for people exposed to someone with COVID-19.

For all questions about COVID-19 and available opportunities to get tested in Alpine County,

Call our Warm Line at:

530-694-1011



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