



## Public Health Department

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### COVID-19 Call Center Line

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[buttecounty.net/publichealth](https://buttecounty.net/publichealth)

## COVID-19: Instructions for Persons in Quarantine OR Isolation

Necessary to prevent the spread of Coronavirus Disease 2019 (COVID-19)

These instructions are for someone who:

- 1) Has been in close contact with someone who has COVID-19, OR
- 2) Has been tested for COVID-19 and is awaiting results, OR
- 3) Has tested positive for COVID-19.

A Public Health Nurse will be **contacting you by phone** to discuss your situation and provide additional guidance.

You can help prevent the spread of COVID-19 to other people by doing the following things:

- Stay at your approved isolation/quarantine location at all times
  - You do not need to wear a mask while alone in your home or room. However, you should wear a mask when you are indoors in parts of a house that you share with other people.
  - You may go outside in the open air without a mask or face cover if you can maintain a distance of at least 6 feet between yourself and others.
- **DO NOT** let visitors come inside your home or room except for health care workers or a county-designated support person wearing a mask.
- If sharing a bathroom in a home, open the window or turn on a fan, and disinfect bathroom surfaces after each use, including all door and faucet handles.
- If you are staying in a motel, special arrangements can be made to minimize housekeeping staff being exposed.
- Always use a tissue to cover your mouth and nose when you cough or sneeze. Throw the tissue away and wash your hands with soap and water.

### **DO NOT:**

- Go to visit relatives or other people.
- Go to public places such as a grocery store, the post office, a restaurant, a theatre, a school, etc.
- Go to medical facilities or doctor's offices without first calling Butte County Public Health. If it is a medical emergency, call the facility ahead of time to let them know you are in quarantine or isolation for COVID-19.
- Go to your place of employment.
- Ride together in a private car with any other person unless both of you are wearing a mask, and only do so when absolutely necessary (approved medical visit, etc).
- Use public transportation like buses, taxicabs, trains, and airplanes.

We need you to do your part in protecting the health of others. If you have questions, please call **Butte County Public Health 530-552-3929 (Monday-Friday, 8 am to 5:00 pm) or 530-332-2462 (for after hours, weekends and holidays.)** When calling, please identify yourself as someone who is being monitored by Public Health and needs to speak with a staff person.