You have tested positive for COVID-19. You will need to stay in your home until you are well. This is called ‘home isolation.’ When you are able to leave your home depends on your symptoms.

If your employer requests confirmation that you have completed the isolation period, please complete and turn in to your employer the self-attestation form at: https://bit.ly/EnglishAttestation.

If you have symptoms, stay at home for at least 10 days after your symptoms began.

• If you still have symptoms after 10 days, continue to stay home until:
  * your symptoms have improved, AND
  * 24 hours after fever has gone away (without using a fever-reducing medication like Tylenol or ibuprofen)

If you tested positive, but did not have any symptoms at the time of testing:

• You should remain in isolation for 10 days from the date the test was performed.
  * During this time, you should also monitor yourself for symptoms. If any symptoms develop during this time, you should remain in isolation as noted above.

The following are some steps you can take to help reduce the spread of COVID-19 in your community and household.

• Protect the Public:
  * Stay home except to see your doctor. Reschedule any non-essential healthcare appointments (non-urgent doctor’s appointments, dentist appointments, etc.).
  * Do not go to work or school.
  * Do not use public transportation (like YoloBus, Taxi, UBER, Lyft)
  * Do not travel.
  * Do not gather or go to places where lots of people may gather.
  * You can go outside in your own yard (not a shared yard).

• Protect Your Family:
  * Stay in your own room. If you leave your room, wear a mask. Cover your coughs and sneezes.
  * You and your family should wash hands frequently using soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.

If you have any concerns or questions, please call your primary care doctor first. You can also call the Yolo County COVID-19 Response Operations Center Line at: (833) 965-6268 (833-YOLOCOV).