

COUNTY OF YOLO

Health and Human Services Agency

Karen Larsen, LMFT
Director

MAILING ADDRESS
137 N. Cottonwood Street • Woodland, CA 95695
www.yolocounty.org

Attention: Yolo County Resident

You are receiving this because you are testing/were recently tested for COVID-19 in Yolo County. Due to the high volume of people being tested across California, your test result may not be available for several days. This letter provides 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):

1. STAY HOME and away from other people in your household until you receive your test result.
2. Wear a face covering at home if you can't stay 6 feet away from people you live with.
3. DO NOT go to work, run errands, or visit in-person with others.
4. Follow these isolation instructions: www.yolocounty.org/Home/ShowDocument?id=65210

If you don't have symptoms but you know you have been exposed to someone with coronavirus:

1. STAY HOME and away from other people in your household until you receive your test result.
2. Wear a face covering at home if you can't stay 6 feet away from people you live with.
3. DO NOT go to work, run errands, or visit in-person with others.
4. Follow these quarantine instructions: www.yolocounty.org/Home/ShowDocument?id=65214
5. 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 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.
6. If your test result comes back negative but you 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 do not need to stay home while waiting for your test result.

1. You should take your temperature and monitor yourself for symptoms every day.
2. If you develop any symptoms, STAY HOME.
3. 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.

If you test positive and you live in Yolo County, Yolo County Public Health will try to contact you. Please return their phone call if they leave you a message. Due to delayed reporting by labs and the large volume of positive tests to follow up on, Public Health may not be able to contact you quickly after you receive your test result. You should still isolate and follow the instructions above.

Davis

600 A Street
Davis, CA 95616
Mental Health (530) 757-5530

West Sacramento

500 Jefferson Boulevard
West Sacramento, CA 95605
Service Center (916) 375-6200
Mental Health (916) 375-6350
Public Health (916) 375-6380

Winters

111 East Grant Avenue
Winters, CA 95694
Service Center (530) 406-4444

Woodland

25 & 137 N. Cottonwood Street
Woodland, CA 95695
Service Center (530) 661-2750
Mental Health (530) 666-8630
Public Health (530) 666-8645



Instructions for Home Isolation and Health Monitoring

For people with COVID-19

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

- If you still have cough and fever after 10 days, continue to stay at home until 24 hours after:
 - * fever has gone away (without using a fever-reducing medication like Tylenol or ibuprofen) AND
 - * your symptoms like cough, body aches, sore throat, have improved.
- After this time, you will no longer need to be isolated.

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 preventative steps you can take to help reduce the spread of COVID19 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 go to the movies, to church, to a shopping mall or any place where lots of people may gather.
 - * You can go outside in your own yard (not a shared yard).
- Protect your family:
 - * Cover your coughs and sneezes, use tissues and throw them away immediately.
 - * 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).



Instructions for Home Quarantine and Health Monitoring

For close contacts/household members

Even though you may not feel sick, you must remain quarantined at home since you've had close contact with someone with known COVID-19. Quarantine is a way to prevent the spread of the virus to more people. You will need to stay home and monitor yourself for any signs of illness.

During your quarantine period, follow these instructions:

1. Stay in your home.
2. Do not go to work or school.
3. Do not go to the grocery store or run other errands (e.g. going to the pharmacy) unless it is absolutely necessary. Please have family members or friends run errands and drop off items at your doorstep.
4. Do not have visitors during the quarantine period.
5. Wash your hands frequently with soap and water, especially after coughing, sneezing, blowing your nose, going to the bathroom, or having direct contact with moist materials such as tissue and used face coverings. Hand sanitizer with more than 60% alcohol can also be used instead of soap and water.
6. Cover your mouth and nose with tissue when you sneeze or cough. Immediately wash your hands with soap and water afterwards.
7. Do not share toothbrushes, food, drinks, or eating utensils.

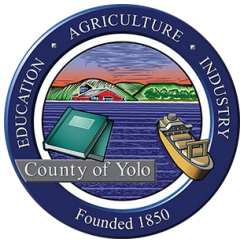
Monitor your health:

- Monitor yourself for symptoms. The most common symptoms of COVID-19 are fever, cough and shortness of breath.
- If you start to feel sick, please contact your healthcare provider and let them know you have had contact with someone who has tested positive for COVID-19. If you have mild symptoms, your healthcare provider will most likely advise you to take care of yourself at home as you would with any other mild cold or flu.

When does quarantine end:

- If you do not live with someone who has COVID-19, your quarantine will end after 14 days from last exposure to the known COVID-19 positive individual.
- If you live with someone who has COVID-19, you will need to be quarantined for 14 days after your household member no longer needs to be isolated.

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).



Resource Attainment List

For people that are in isolation or quarantine

For those on isolation or quarantine, gathering essentials may be more difficult at this time.

The following list is intended to provide a sample of available resources to assist in obtaining essential goods.

● = Food

⊕ = Prescriptions

▲ = Supplies

★ = Low Income Resource

A.M.AZONFRESH ●

Delivery

<https://www.a.m.azonfresh.com>

BLUEAPRON ●

Meal Kit Delivery

<https://www.blueapron.com/>

CVS DELIVERY ⊕ ▲

Delivery

Locations:

Davis: E. Covell Blvd. (530) 753-4004

& W. Covell Blvd. (530) 757-1128

West Sacramento: (916) 384-0978

Woodland: W. Main St. (530) 666-2448

and Bronze Star Dr. (530) 665-4149

Instacart: <https://delivery.cvs.com/>

DOORDASH ●

Delivery

<https://www.doordash.com>

GRUBHUB ●

Delivery

<https://www.grubhub.com/>

IMPERFECT FOODS ● ★

Food Box Subscription Delivery

Discounts for Low-Income

<https://www.imperfectfoods.com/>

<https://reducedcost.typeform.com/to/oS9aYG>

INSTACART ●

Delivery

<https://www.instacart.com/>

JOY RUN ●

Delivery

<http://www.joyrun.com/>

PILLPACK (Amazon) ⊕

Delivery

<https://www.pillpack.com/>

RALEY'S/BEL-AIR ● ⊕ ▲

Delivery and Curbside Pick Up

Senior Essential Bag Service

Locations:

West Sacramento: (916) 372-3000

Woodland: W. Main St. (530) 666-1156

and E. Gibson Rd. (530) 668-4422

<https://shop.raleys.com/>

<https://www.raleys.com/senior-essentials-bag/>

SAFEWAY ● ▲

Delivery and Pick Up

Locations:

Davis: Cowell Blvd. (530) 792-8500 and W.

Cowell Blvd. (530) 757-4540

<https://www.safeway.com/>

SAVE MART ● ▲

Delivery (via Instacart), Curbside Pick Up,
& Meal Delivery (via DoorDash)

Location:

Davis (530) 758-0580

<https://www.savemart.com/>

TARGET ● ▲

Delivery and Curbside Pick Up

Locations:

Davis: (530) 761-0126

West Sacramento: (916) 384-0977

Woodland: (530) 665-4148

<https://www.target.com/>

TASKRABBIT ● ▲ ⊕

Delivery and general errands

charged through hourly rates (West
Sacramento Only)

(844) 340-8275

<https://www.taskrabbit.com/services/contactless>

UBEREATS ●

Meal Delivery

<https://www.ubereats.com/>

WALGREENS ⊕ ▲

Delivery or Pick Up

Locations:

Woodland: (530) 668-8589

West Sacramento: (916) 371-3801

<https://www.walgreens.com/topic/pharmacy/walgreens-express.jsp>

WALMART ● ⊕ ▲

Delivery and Curbside Pick Up

Locations:

Dixon: (707) 693-6505

West Sacramento: (916) 698-0533

Woodland: California St. (530) 665-4638

E. Gibson Road (530) 665-4306,

& E. Main Street: (530) 668-1060

<https://www.walmart.com>

YOLO FOOD BANK ● ★

Delivery: Once a week delivery for
low-income seniors or medically
vulnerable.

Pick Up: At distribution centers for low
income individuals and families.

(530) 668-0690 or 2-1-1

www.yolofoodbank.org



Instructions for Deliveries

For people with COVID-19

While isolating or quarantining from COVID-19, there are several things precautions you can take to prevent your family from contracting the illness.

Tips for deliveries made by family, friends, businesses or restaurants:

- Designate space near your front door on your porch as a 'drop off' area. You can put an 'X' on the ground with chalk or tape or put out a large box to help identify this area.
- Put up a sign by this 'drop off' area letting people know this is where items should go. For example, you can write 'Drop Off Items Here' on a piece of paper.
- Ask that those delivering items to your house wear a face covering from the time they exit their car to the time they get back in their car.
- DO NOT open your door when the delivery is being made, no matter if it is your family or friend.
- Open the door after they have left or driven away.
- Wear a face covering when opening your door to gather items.
- Wipe down items if possible.

Reminders:

- You may infect other people while you are in isolation or quarantine, so it is important to limit as much contact as possible.
- Even with family and friends, do not let someone into your house or to open the door when they are still making the delivery.
- Limit deliveries as much as possible to those most necessary.
- If you want to talk to your family or friend while they are making the delivery, call or text them instead. Still do not open the door.
- If a business needs you to sign or pay for items, make sure you and the delivery person are both wearing a face covering before opening the door to sign or pay for items. Do not shake hands. Try to limit as much contact as possible by having them put the item in the designated area. Do not pick up the item until after they have left.
- The more you can limit the exposure to other people, the less likely they will get COVID-19 from you.

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).

COVID-19 PREVENTION GUIDE

COVID-19 is still widespread in Yolo County and we have seen a huge rise in confirmed cases. Did you know that **you can be infected with COVID-19 and not show any symptoms and spread it without knowing** to your friends or family? Here are some prevention guidelines that can help protect the health of you, your family, and your community.

1 Gatherings increase risk.



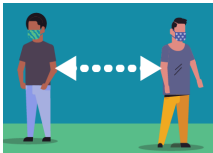
At least half of Yolo County's recent cases have been due to social and family gatherings. Based on the CDC, the more people interact and the longer they interact, the higher the risk of getting and spreading COVID-19. The less you interact with others and share items and the more open space, the better.

2 Wear a face covering.



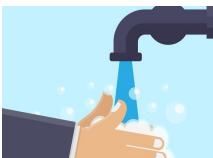
A face covering is mandatory in Yolo County and the State of California. The CDC says that cloth face coverings help to slow the spread of the virus and help people who may have the virus (and don't know it) from spreading it to other people. A face covering needs to fully cover your nose and mouth. Wash your face covering after each use.

3 Social distance.



If you are out in the public or interacting with other people, it's important to stay at least six (6) feet away from others. The CDC says that limiting face-to-face contact with others is the **BEST WAY** to reduce the spread of COVID-19, even if you or others do not have symptoms.

4 Practice good hygiene.



The CDC recommends that you:

- Wash your hands often with soap and water for at least twenty (20) seconds.
- Avoid touching your eyes, nose and mouth.
- Cover your cough and sneezes.
- Clean and disinfect high-touch surfaces.

5 Get tested.



If you have interacted with other people outside your household, testing is a good way to see if you have COVID-19. You can have COVID-19 even if you do not have symptoms. Testing also provides a more accurate picture of who's infected, how to prevent further spread and where to focus outreach efforts. For free testing call: (888) 634-1123 or visit: <https://lhi.care/covidtesting>.

For more information visit: www.yolocounty.org/coronavirus-roadmap