

# COUNTY OF YOLO

Health and Human Services Agency

*Karen Larsen, LMFT*  
Director

MAILING ADDRESS  
137 N. Cottonwood Street • Woodland, CA 95695  
[www.yolocounty.org](http://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, fatigue, 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](http://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](http://www.yolocounty.org/Home/ShowDocument?id=65214)
5. If you were within 6 feet of an infected person for 15 cumulative minutes or more within 24 hours or came into contact with their secretions (coughed on, kissed, shared food or drink, or similar), you may stop quarantining after 10 days from the date of your last exposure without testing. You should continue to monitor yourself for symptoms until 14 days after your exposure. If a COVID-19 test collected on Day 6 or later after your exposure is negative, you can return to work after completing 7 days of quarantine (last day of exposure is Day 0 and you can return to work on Day 8).
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 may 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



# COUNTY OF YOLO

Health and Human Services Agency

*Karen Larsen, LMFT*  
Director

Aimee Sisson, MD, MPH  
Public Health Officer

MAILING ADDRESS  
137 N. Cottonwood Street • Woodland, CA 95695  
(833) 965-6268 • www.yolocounty.org

To Whom It May Concern:

The Yolo County Health and Human Services Agency does not provide individualized clearance letters for those returning to work following COVID-19 infection. If requested by an employer, employees should self-attest that they meet criteria for returning to work using this form.

**Please note that the County does not receive completed forms and cannot verify the accuracy of any information provided by an employee.** Employers should perform any inquiries reasonably required to ensure that the self-attestation has been completed in a truthful and accurate manner.

Sincerely,

Aimee Sisson, MD, MPH  
Public Health Officer

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**First responders and healthcare workers should follow their workplace protocol for returning to work.**

**All other workers** should use the following criteria for returning to work following COVID-19 infection:

- **Persons with symptoms\*** may return to work:
  - 10 days after symptoms first appeared, **and**
  - Symptoms have improved\*\*, **and**
  - At least 24 hours have passed with no fever without use of fever-reducing medication.
- **Persons without symptoms** may return to work:
  - 10 days after specimen collection date of first positive COVID-19 laboratory test.

I, \_\_\_\_\_, verify that I have met the Yolo County Health and Human Services Agency criteria listed above for returning to work. **In signing below, I certify that this verification is true and accurate in all respects.**

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Signature

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Date

\*Symptoms of COVID-19 may include fever, chills, cough, shortness of breath or difficulty breathing, sore throat, muscle or body aches, runny nose or congestion, new loss of taste or smell, nausea, vomiting, or diarrhea.

\*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay return to work.



# 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 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 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 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).



# 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. Symptoms of COVID-19 include fever, chills, fatigue, headache, sore throat, muscle or body aches, cough, shortness of breath, runny or stuffy nose, loss of taste or smell, nausea, vomiting, or diarrhea.
- 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 10 days from last exposure to the known COVID-19 positive individual.
- If you live with someone who has COVID-19 and you can't quarantine in your own bedroom and bathroom, you will need to be quarantined for 10 days after your household member no longer needs to be isolated.
- You can shorten your quarantine to 7 days if a COVID-19 test collected on Day 6 or later is negative. The last day of your exposure is Day 0 and you can resume normal activities on Day 8.

If you have any concerns or questions, please call your primary care doctor first, then the Public Health COVID Line at: (530) 666-8614 during normal business hours (Mon - Fri 8:00 AM—5:00 PM).



# 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

## AMAZONFRESH ●

Delivery

<https://www.amazonfresh.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](http://www.yolofoodbank.org)

# COVID-19 PREVENTION GUIDE

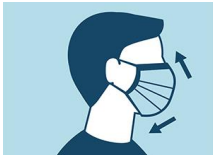
COVID-19 is still widespread in Yolo County and we have seen a huge rise in confirmed cases. Did you know that **you can be infected with COVID-19 and not show any symptoms and spread it without knowing** to your friends or family? Here are some prevention guidelines that can help protect the health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

## 1 Gatherings increase risk.



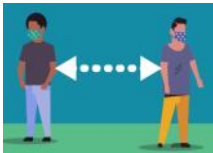
At least half of Yolo County's recent cases have been due to social and family gatherings. Based on the CDC, the more people interact and the longer they interact, the higher the risk of getting and spreading COVID-19. The less you interact with others and share items and the more open space, the better.

## 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](http://www.yolocounty.org/coronavirus-roadmap)