



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, 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

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 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 5 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