What To Do if You Think …..

You were in CONTACT with a COVID-19 Case

Is it a confirmed case?

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>Not a Direct Contact (friend of a friend)</th>
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| • Public health has already been notified by the testing lab.  
  • If you have been notified by public health or medical provider that you are a close contact of the case OR if you were within 6 feet of this person for more than 15 minutes or attended a large gathering it is imperative that you self-quarantine for 14 days. Contact your healthcare provider and follow the "Home Quarantine Guidance for close contacts to Coronavirus Disease 2019 (COVID-19)."  
  • Monitor your symptoms. Seek healthcare if you develop worrisome symptoms.  
  • If you are a close contact call (805) 893-7129 to schedule an appointment for testing.  
  (See testing resources / handout "quarantine vs isolation") | • Continue to Practice social distancing and monitor your symptoms carefully.  
  • If you develop symptoms testing is recommended and you should self-isolate according to CDC guidelines and testing is recommended | • People have the right to share their private health information if they wish, but no obligation. We generally recommend against disclosure to groups, as it causes anxiety and no additional measures are recommended.  
  • Continue to Practice social distancing and monitor your symptoms carefully. You can still go about your normal activities per local public health guidelines.  
  **Testing resources**  
  **Quarantine vs isolation**  
  **How to prevent the spreading of COVID-19** |