

COVID-19: Let's Slow the Spread Together



You did the right thing getting tested. If you are waiting for test results and have symptoms or have tested positive for COVID-19, help slow the spread of COVID-19 by doing these three things:

1. List Places You Have Visited in the Past 14 Days

- Write down all the places you have visited in the past 14 days.

2. Tell People That They May Have Been Exposed

- Make a list of names and contact information of all the people that you have had close contact with in the past 14 days.
- A close contact is someone you have been within 6 feet for 15 minutes or more.
- See the QR code below to get an example on how to tell someone they may have been exposed.

3. Answer the CA COVID Team's Call

- The Orange County Health Care Agency (Health Department) may call you if you test positive. Look for the "CA COVID Team" caller ID.
- Let them know your close contacts and places visited.
- All information you share will be kept private.



SCAN ME

Need help on how to tell someone they may have been exposed?

Scan the QR code to visit our website and get a text or e-mail message example as well as more COVID-19 information and resources.



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Learn more at www.ochealthinfo.com/novelcoronavirus