

Thank you for getting tested

The COVID-19 pandemic has been challenging for nearly everyone and we appreciate that you got tested. Thank you for doing your part to help our community.

COVID-19 spreads
like dominoes fall.
You can help slow
the spread.

Read on for specific things you can do to protect yourself and the people you care about. Your actions save lives.

Your Testing Information:

Name: _____

Date: ___ / ___ / 2020 Time: _____

Location: _____

Please keep for your records.

Questions?

A Phone Assistance Center is staffed to answer your questions Monday - Friday from 8:00 am to 5:00 pm.

(805) 543-2444

Get more information at

www.ReadySLO.org



Protect Others and Slow the Spread

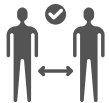
How to protect your family, your
friends, your co-workers, and yourself
from COVID-19

5 Ways to Slow the Spread



1. Waiting for your test results? Stay home!

As you wait for your test results, stay home as much as possible. If you are positive, you don't want to unknowingly spread it to someone else while you await your test results. The best way to protect yourself and others from getting COVID-19 is by staying home as much as possible, but especially when you are sick or awaiting test results. If you don't feel well and have any COVID-19 symptoms, stay home. COVID-19 spreads from person to person very easily. Protect our community and stop the spread of COVID-19 by staying home, especially when you're sick.



2. Stay at least 6 feet away from others

Keeping a safe space between yourself and other people who are not from your household will reduce the spread of COVID-19. When we talk, cough or sneeze, we release droplets into the air that can spread at least six feet. COVID-19 is spread from one person to another by these droplets in the air. When you leave home, stay AT LEAST six feet away from others to protect yourself and those around you.



3. Wear face covering in public

Wearing a cloth face covering CORRECTLY can help prevent the spread of COVID-19 to others. The State of California requires residents to wear a face covering in public, with limited exceptions. Wear a face covering, if you can, as an extra step to protect people you care about.



4. Wash your hands frequently

Properly wash your hands for at least 20 seconds with soap and water as often as you can to prevent the spread of COVID-19 and other diseases. If you don't have soap and water nearby, use an alcohol-based hand sanitizer.



5. Stay close to home

Traveling, including leisure travel with members of your household, can put you at risk of getting or spreading COVID-19.

Although it can be difficult to be separated from friends and family who don't live with you, visits to friends and family can pose a risk to you and your loved ones. Try to connect with loved ones in other ways by using video chats or phone calls.

Leisure travel among immediate household members poses risks. If you must travel for essential business, follow the guidance of state and local officials.

COVID-19 Symptoms

- fever or chills
- cough
- shortness of breath
- fatigue
- muscle/body aches
- headache
- new loss of taste/smell
- sore throat
- congestion/runny nose
- nausea/vomiting
- diarrhea
- trouble breathing
- persistent pain/pressure in chest
- confusion
- inability to wake/stay awake
- bluish lips/face

Severe symptoms include: