

How do I know if I need to get tested?

St. Joseph Hospital has provided an online assessment tool to help you determine if you need to see a doctor related to COVID-19. To take the assessment, go to:

<https://www.providence.org/patients-and-visitors/coronavirus-advisory>

I don't have a provider, where do I go?

Emergency departments at local hospitals are the last-resort medical facilities for people to go to if they don't have a medical provider. Please call ahead before seeking medical care.

How do I clean my space after potential exposure?

The Centers for Disease Control and Prevention (CDC) has provided the following recommendations: https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fcleaning-disinfection.html

They have also provided a list of recommended cleaning products:

https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf

I just returned from travel to a place that has COVID-19, what do I do?

The CDC has provided guidance for people returning from travel to high risk areas and within the U.S. as well. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Should I be self-quarantining or self-isolating?

People considered to be at a higher risk for serious illness from COVID-19 should self-isolate and distance themselves from others as much as possible.

If you currently have symptoms similar to those of COVID-19 (cough, fever, shortness of breath, etc.), you should stay at home, distance yourself from others, and practice everyday preventive measures: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Is my child's school closed and for how long?

The Humboldt County Office of Education has a page dedicated to updating that information: <https://hcoe.org/covid-19/>