

This is a rapidly evolving situation. Recommendations will be updated and shared as new information becomes available.

**If you have ANY symptoms of COVID-19:
remain home, under isolation protocol, until your test results are back.**

Isolation protocol means:

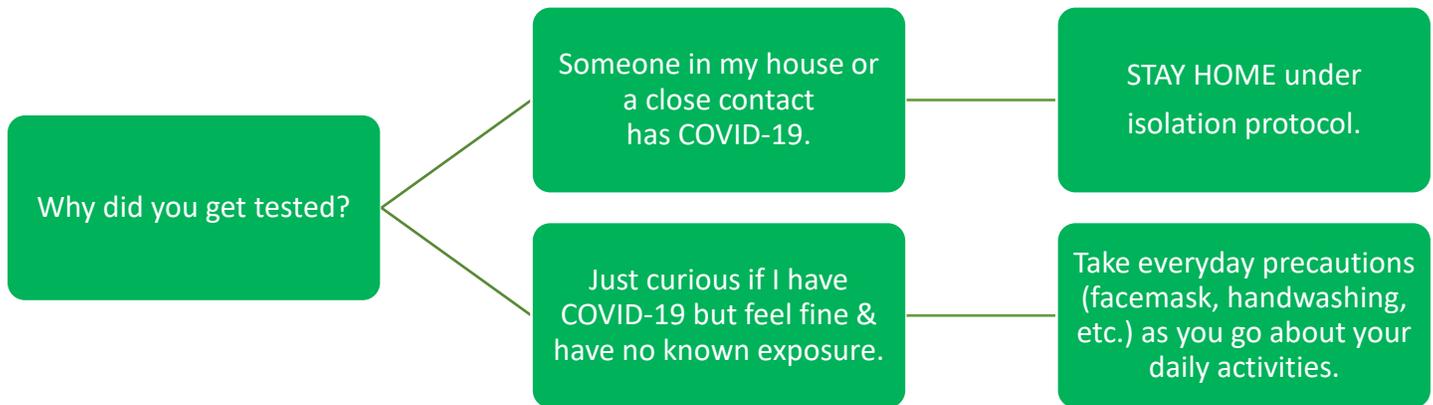
- Stay home except to get essential medical care.
- Do not go to work, school, or public areas (i.e., salons, the bank, etc.).
- Do not use public transportation or taxis.
- Call ahead before going to any medical appointment. Inform them you have been tested for COVID-19 and are still waiting for your results.
- Separate yourself from others in your home as much as possible. Wear a facemask around family/roommates who you cannot avoid.
- Wear a facemask if you leave your home to go to a healthcare provider.
- Cover your coughs and sneezes with a tissue; then discard the tissue into the trash.
- Wash your hands frequently and avoid touching your eyes, nose, and mouth.
- Avoid sharing household items like dishes, bedding, remote controls, etc.
- Monitor your symptoms and seek medical care if your illness worsens.

If others live in your home:

- They should remain at home and isolate.
- Others should clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables with a diluted bleach solution or a household disinfectant that says “EPA-approved.”
- To make a diluted bleach solution, add 1 tablespoon bleach to 1 quart of water.

I understand that by getting tested for COVID-19 (aka coronavirus disease 2019), I acknowledge I am possibly carrying the virus SARS-CoV-2, the virus that causes COVID-19. I have read the above and understand that I **should remain under isolation protocol** until my test results are delivered to me. _____ [initial]

If you DO NOT have symptoms of COVID-19



For information on what to do **AFTER YOUR TEST RESULTS ARE KNOWN**, please visit www.pima.gov/cov and click on “Sick/Exposed” or call 1-844-542-8201.

The best way to slow the spread of COVID-19 is to stop exposures.