1.   Lake County Public Health or CSKT Tribal Health will be your primary contact for questions in relation to testing, quarantine and isolation.
Lake County Public Health: 883-7288
CSKT Tribal Health: 849-5798 COVID19@cskthealth.org

2.   You may be contagious before you develop symptoms. If you were exposed to COVID-19 you should self-quarantine at home for 14 days.

3.   Onset of symptoms of COVID-19 typically start 5-7 days after exposure. They include: fever, cough, loss of taste/smell, shortness of breath, muscle or body aches, sore throat, headache, nausea, diarrhea.

4.   You may not test positive for COVID-19 until you develop symptoms. If you are tested too soon, the test may be falsely negative.

5.   If you test positive for COVID-19, Public/Tribal Health will be in contact with you to get a list of your close contacts and develop a plan for how long you must remain in isolation.
*A close contact is defined as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic cases, 2 days prior to positive specimen collection) until the time the patient is isolated.

6.   If you are a close contact of a positive case, even if your test results are negative, you **MUST** continue to quarantine for 14 days from day of contact with positive case.

7.   Most patients with COVID-19 have mild symptoms and do not require hospitalization. If you feel that your symptoms are significantly worsening or severe, you should go to the nearest hospital for evaluation.

8.   As a reminder, safe practices to prevent the spread of COVID-19 include:

- Frequent hand washing with soap and water or hand sanitizer
- Wear a mask when around others or when out in public
- Keep a safe distance, 6 ft. from other people
- Avoid contact with sick people
- Stay home if you don't feel well

Wearing a mask over your mouth and nose has been shown to significantly decrease spreading of the virus. By wearing a mask you are protecting those around you.
THANK YOU!