Waiting for Your Test Results

**Tips**

**Can You Really Get COVID-19?**

The Alameda County Public Health Department ishere to help you understand the risks associated with the COVID-19 virus.

**Steps to Take if You Think You Might Be Infected:**

1. **Self-Isolate** (Self Isolate)

2. **Self Quarantine** (Self Quarantine)

**Steps to Take if You Are at High Risk:**

- Wear a mask
- Stay home
- Avoid close contact with others
- Wash your hands regularly

**Steps to Take if You Are a Close Contact:**

- Wear a mask
- Stay home
- Avoid close contact with others
- Wash your hands regularly

**Contact Information:**

Alameda County Public Health Department:
Main Line / 2021

Alameda County Health Care Services Agency

Colleen Chawla – Agency Director
Kimi Watkins-Tartt – Director
Nicholas Moss, MD – Interim Health Officer

**Alameda County Public Health Department**

Celebrating Healthy People in Healthy Communities

**Public Health Department:**

(510) 267-8000 Main Line

COVID-19 Information:

(510) 268-2101

www.acphd.org