

**\*Butte County COVID-19 case reporting will align with how the California Department of Public Health is reporting cases. Now that community spread has increased throughout the United States and is now the primary reason for new cases, including California, breaking down the case count into separate categories is no longer recommended. The number of reported cases are only the confirmed cases that are reported to Public Health from labs and healthcare providers. Access to testing is limited. Because of this, we believe there are many more people infected with COVID-19 in Butte County than we know of.**

## **Governor Newsom: Stay at Home Order**

The California State Governor, Gavin Newsom, has issued a [STAY AT HOME](#) order, for all individuals living in the State of California to stay home or at their place of residence, **except as needed to maintain continuity of operation of the federal critical infrastructure sectors, critical government services, schools, childcare, and construction, including housing construction.** This order is effective immediately and was put into place in an effort to slow the spread of the COVID 19 virus, which in turn will decrease the impact on critical health care services and facilities.

[View identified essential services & Workers.](#)

The order includes canceling all non-essential activities and services and all social, professional or community based gatherings. If you must leave your home to seek essential services, keep at least 6 feet of distance from others.

The order does not impact essential services such as: gas stations, pharmacies, grocery stores, farmers markets, food banks, convenience stores, take-out and delivery restaurants, banks, laundromats, or laundry services. Essential state and local government functions will also remain open, including law enforcement, and offices that provide government programs and services.

- [California COVID-19 Website](#)
- [CDC COVID-19 Information Website](#)
- [CDC COVID-19 "What You Should Know" Website](#)
- [COVID-19 Animal Preparedness Info](#)

## **Guidance Documents for COVID-19**

All community sectors are asked to review and implement COVID-19 illness prevention guidance.

- [Guidance from the CDC](#)
- [Guidance from the California Department of Public Health](#)
- [Industry Guidance](#) issued by the State

## **Location of Confirmed COVID-19 Cases**

The city of residence for people sick with COVID-19 will be provided by region, including: Chico and Oroville. Other cities or towns within Butte County, excluding Chico & Oroville, that have a population size considered too small to list without risking a persons identity will only be listed once those jurisdictions have five or more cases. Public Health is legally responsible for protecting personal health information. This includes any information that might identify them. Providing location information does not provide any benefit to the public in helping to prevent illness. No additional public precautions are needed to prevent the spread of illness other than continuing to follow the stay at home order, stop all non-essential activities, and practice

good hygiene and routine cleaning. Now that we have confirmed cases in Butte County, the public should consider every public place as a place that one could be exposed.

## How can you protect yourself and your family?

In addition to following the [STAY AT HOME order](#), the best way to prevent the spread of respiratory illness, is to practice good hygiene:

- Wash your hands often with soap and water.
- Cover your cough and sneezes with a tissue or corner of your sleeve. Do not use your hands.
- Avoid touching your face with unwashed hands, especially your mouth, nose and eyes.
- Avoid close contact with sick people.
- Stay home if you are sick, especially from work, school and public places.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your face with a [cloth face covering](#) if you leave your home for essential outings.

### People at Increased Risk

Adults over the age of 65 and people with underlying medical conditions are at increased risk for serious complications from COVID-19. On Sunday, March 15th, California State Governor Gavin Newsom issued a directive calling for home isolation of:

- All Adults over 65 years old
  - All persons with chronic health conditions, such as: heart disease, diabetes and lung disease.
- If you are at increased risk, get ready for COVID-19 now. [Learn how to reduce your risk of getting sick.](#)

### Social Distancing

To protect public health and slow the rate of transmission of COVID-19, the state still disallows gatherings or events. This includes the following:

- Gatherings such as concerts, conferences, and professional, college, and school sporting events.
- A “gathering” is any event or convening that brings together people in a single room or single space at the same time, such as an auditorium, stadium, arena, large conference room, meeting hall, cafeteria, or any other indoor or outdoor space - professional, social or community based.

## What to do if you are sick

### COVID-19 Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath

Or at least two of these symptoms (This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you):

- Fever/Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat

- New loss of smell or taste

### **Mild Symptoms:**

People with mild symptoms, who are not sick enough to be hospitalized, should self-isolate at home. If you have mild symptoms, you may also inquire with your healthcare provider about getting tested. These people should:

- Avoid close contact with others
- Stay home for at least 10 days from the start of symptoms, AND
- Stay home at least 72 hours after fever is gone, AND
- Stay home until respiratory symptoms have improved (coughing/sneezing)

### **Severe Symptoms:**

People with severe symptoms of respiratory illness should call their healthcare provider immediately. **Call ahead so that you can be safely evaluated to prevent exposing others.** Your healthcare provider will evaluate you and determine the best course of action for your illness, including whether or not you should be tested.

## **Who should be tested for COVID-19?**

**Testing must be done by a healthcare provider or one of the testing locations indicated above. Butte County Public Health cannot perform COVID-19 testing.**

**Anyone can get tested for COVID-19, even persons who do not have symptoms. People who should be tested** for COVID-19 are those with or without symptoms who have traveled to an affected area with COVID-19 or had close contact with a person with confirmed COVID-19. Call ahead: If believe you could have COVID-19, notify your healthcare provider by phone. **Call ahead so that you can be safely evaluated to prevent exposing others.**

Healthcare providers will determine if a person should be tested based upon their illness and other risk factors. If a healthcare provider determines that a person should be tested, the healthcare provider will collect a specimen and have it delivered to a COVID-19 testing lab. If you are ill and believe you could have COVID-19, you should notify your healthcare provider by phone before seeking care so you can be safely evaluated.

For more information about COVID-19 Testing, visit the [CDC Tests for COVID-19 website](#).