

## Guidance for the Community

### FAQs on Rescinding Nevada County's Stay-at-Home Order

#### **Guidance**

California Department of Public Health Guidance  
Centers for Disease Control and Prevention

#### **Importance Guidance for Everyone**

- Stay home as much as possible, self-isolate and only go out for essential needs. Eliminate non-essential trips.
- Wash your hands frequently with soap and water for at least 20 seconds, especially after using the restroom, before eating, and after blowing your nose, coughing, or sneezing.
- Cover your cough or sneeze with a tissue, then toss the tissue in the trash.
- Avoid touching your eyes, nose, and mouth especially with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces.
- Get a flu vaccine to prevent influenza if you haven't already done so this flu season.
- Keep your distance from people who are sick, especially if they have a respiratory virus.

#### **Self-Isolation for Older Adults and Those Who Have Elevated Risk**

- Remain at home until further guidance is issued.
- Continue with outdoor activities.
- Practice social distancing, both in and outside the home.

- Stay in touch with others by phone, email, or other on-line tools (like Skype and Facebook).
- Identify family, friends, neighbors, and caregivers who can provide support
- Have supplies on hand
- Have a plan for if you get sick
- Practice handwashing
- Use “respiratory etiquette”
- Clean and disinfect your home

[Read the full guidance here. Self-Isolation for Older Adults and Those Who Have Elevated Risk Self-Isolation for Older Adults and Those Who Have Elevated Risk Self-Isolation for Older Adults and Those Who Have Elevated Risk Self-Isolation for Older Adults and Those Who Have Elevated Risk Self-Isolation for Older Adults and Those Who Have Elevated Risk Self-Isolation for Older Adults and Those Who Have Elevated Risk Self-Isolation for Older Adults and Those Who Have Elevated Risk](#)

## What To Do if You Are Sick

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
  - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
  - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See [COVID-19 and Animals](#) for more information.

[Read the full guidance here.](#)

## Testing

Following Governor Gavin Newsom’s recent announcement to add more than 80 community testing sites across the state, Nevada County has launched a test site in Grass Valley and another in the Town of Truckee.

## Western Nevada County:

Grass Valley Veterans Hall: 255 S Auburn St, Grass Valley, CA 95945

## Eastern Nevada County

Town of Truckee across the street from the Tahoe Forest Health System at

**10990 Donner Pass Rd.** Truckee, CA 96161

## Qualifications

More information about who is eligible for testing can be found on [California Department of Public Health's website](#). OptumServe will generate a unique identification number for individuals who do not have a driver license.

If a person develops symptoms of COVID-19 including fever, cough or shortness of breath, and has reason to believe they may have been exposed, they should call their health care provider before seeking care.



### Contact Us

#### **Ryan Gruver**

Director of Health and Human  
Services Agency

950 Maidu Avenue, Suite 120  
Nevada City, CA 95959

Hours: 8 a.m. - 5 p.m. Monday-  
Friday

Phone: 530-265-1627

Fax: 530-265-9860

[Email](#)

### Helpful Links

[California Department of  
Public Health](#)

[What Is Public Health?](#)

[Agency on Aging Area 4](#)

[Appointed Officials](#)

[Board of Supervisors](#)

[County Executive Office](#)