

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 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.



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Helpful Links

[California Department of
Public Health](#)

[What Is Public Health?](#)

[Agency on Aging Area 4](#)

[Appointed Officials](#)

[Board of Supervisors](#)

[County Executive Office](#)