

# Mitigation and COVID-19

The OC Health Care Agency (your local health department) and our partners at the California Department of Public Health have shifted our approach from containment to mitigation.

This moves the focus from labor-intensive contact tracing – the process of identifying every person a known COVID-19 case has potentially exposed – to protecting the most vulnerable populations by minimizing their exposure to the virus.

## What does that mean for you?

Most of us are already self-quarantining at home and only leaving the house for essential services (such as grocery shopping or visiting the pharmacy). Some of us are reporting to work in support of essential functions (such as staffing the grocery store or the pharmacy).



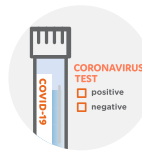
If you are showing symptoms of illness such as a fever, cough, or shortness of breath, and work in an essential function – you should self-quarantine at home until you are free of symptoms for 72 hours.



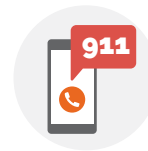
If you are showing symptoms of illness and are already self-quarantining, try to avoid going outside until you are free of symptoms for 72 hours.



If your symptoms get worse instead of better, call your doctor.



People with mild symptoms do not need to be tested for COVID-19.



Always dial 911 in an emergency.

**OC Health Care Agency** – [www.ochealthinfo.com/novelcoronavirus](http://www.ochealthinfo.com/novelcoronavirus)

**Centers for Disease Control and Prevention** – [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)