



Health Equity for All

SAN JOAQUIN VALLEY

PUBLIC HEALTH CONSORTIUM

Calaveras • Fresno • Kings • Madera • Mariposa • Merced
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FOR IMMEDIATE RELEASE:

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TITLE: San Joaquin Valley Counties Collaborate on Campaign to Promote Self-Isolation for Those Who Are Sick

The San Joaquin Valley Public Health Consortium has launched a new messaging campaign providing instructions to residents experiencing COVID symptoms. The tagline of the campaign; “Don’t Feel Great - Self-Isolate” urges residents who feel sick to isolate away from others including members of their own household to slow the spread of COVID-19. The website provides specific instructions on how you can isolate, even in a large family with limited space. Two new websites have been launched to provide clear step-by-step instructions: **valleycovidhelp.com** in English and **ayudadelvallecovid.com** in Spanish. The websites are a collaboration between the 11 health departments that make up the San Joaquin Valley Public Health Consortium: Calaveras, Fresno, Kings, Madera, Mariposa, Merced, San Benito, San Joaquin, Stanislaus, Tulare, and Tuolumne.

According to the website, individuals who are experiencing symptoms of COVID should:

- C – Contact Your Job and Tell Them You are Sick
- O – Observe Your Symptoms
- V – Visit Your Local Public Health Website
- I – Isolate From Others
- D – Determine Your Close Contacts

“Testing in California is limited and the turnaround time for results is delayed. In order for COVID-19 to be slowed, sick residents must take immediate action regardless of whether symptoms are mild or if they have a positive test result. Those who are sick or who have been exposed should assume they have COVID and self-isolate,” stated Madera County Department of Public Health Director Sara Bosse.

As a reminder, symptoms of COVID-19 include fever, cough, shortness of breath, difficulty breathing, chills, shivering, sore throat, muscle pain, headache, and new loss of taste or smell. The risk of COVID can be lowered through social distancing, wearing face coverings, and practicing proper hygiene.

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