County of Fresno
DEPARTMENT OF PUBLIC HEALTH
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JOINT NEWS RELEASE
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It's Simple: Stay Home When Sick

The Fresno County Department of Public Health (FCDPH) and the Madera County Department of Public Health (MCDPH) are reminding residents of the importance to stay home when sick. If residents are experiencing COVID-19 symptoms, or they have been in contact with someone who is sick with COVID-19 or had symptoms of COVID-19, please rest at home. If individuals are waiting for test results, they should stay home and away from others to avoid exposing other family members, friends, co-workers, or classmates.

Symptoms of COVID-19 include: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

According to Sara Bosse, Madera County Public Health Director, "Bottom line – We expect a lot more cases in upcoming weeks and testing capacity will likely be overwhelmed. If you have symptoms, stay home, get tested if you can, and assume you are positive while you wait for the results."

The COVID-19 and Omicron surge continues to impact hospitals across the Central Valley. Fresno and Madera hospitals are over-capacity and space is limited. "Please avoid the use of an ambulance and the hospital emergency room," says Dan Lynch, EMS Director. "We are encouraging that individuals seek care at their private physician office, urgent cares, clinics, or use telehealth through their insurance carrier for all non-emergency health services."

The FCDPH and MCDPH do not recommend that individuals go to the emergency room for COVID-19 testing. If individuals think they have been exposed to someone with COVID-19 or if they develop symptoms, it is recommended that they call their medical provider, local clinic, or OptumServe testing site to get a COVID-19 test.

To find a local COVID-19 testing site, please visit www.fcdph.org/covid19testing or www.maderacounty.com/covid19testing for Madera County residents.

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Promotion, preservation and protection of the community's health
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