

# Moving Forward

#HEALTHYMONTEREYCOUNTY

## The Good News

### Making the Most of Your Social Circle

Gather your safe and sane fireworks (where allowed), barbeque supplies or sports equipment. Then connect with your favorite people to create a Social Circle in time for the 4<sup>th</sup> of July holiday.

Check out the [County's new Social Circle guidance](#).

Be Safe, Sane and Social!

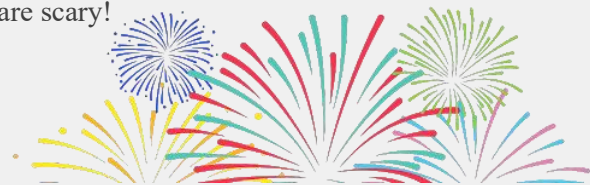
Social Circles are stable groups of 12 people or less that socialize exclusively for four weeks. They are a way to begin bringing people together while potentially limiting exposure to the virus.

So, make the most of your Social Circle - be creative! Keep kids active with their BFFs, re-start your walking group or have a limited-size birthday party. Date Night anyone?

Remember, a Social Circle is not a block party. Large gatherings are still not allowed anywhere in the state.

While you can only be in one circle at a time, you can plan ahead to create new circles in the weeks ahead. If you have a child in daycare or camp, the social circle you create will not affect that.

And while we're talking about 4<sup>th</sup> of July - let's be careful! Please use Safe and Sane fireworks, monitor children if you are using fireworks and if you have pets, please keep them safe, fireworks are scary!

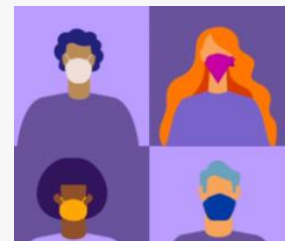


Curbside service is underway at the Libraries. Got books? For details call 831-883-7555.

## What's New?

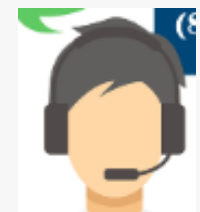
### ➡ Face Covering Rules Explained

Monterey County residents must now follow the state face covering order. There are a few differences and still some exceptions, but you should have one with you every time you leave the house. Face coverings only work if they are worn properly. [Watch this short video](#) and [read the state guidelines](#).



### ➡ COVID-19 Hotline is here for you

The COVID-19 Hotline has answered thousands of questions since the pandemic began. Wonder what people are asking? [Check out how this hotline is serving the community](#). If you have COVID questions, we are here to help. 831-769-8700 or 831-755-4521.



### COVID-19 EXPOSURE FREQUENTLY ASKED QUESTIONS

**CLOSE CONTACT:**

- Within 6 ft of a person with confirmed COVID-19 for 15 minutes or more.
- Direct physical contact (E.g. kissing, hugging)
- Shared eating or drinking utensils.
- Contact with respiratory secretions (E.g. cough/sneezing close to you).

**What should I do if I've been in close contact with someone...**

- ...who has tested positive for COVID-19? → Self-Quarantine AND Self-Monitor
- ...who is being tested? → Self-Monitor AND practice physical distancing
- ...who might have been exposed... → Self-Monitor AND practice physical distancing
- ...who has been in close contact with someone ELSE who might have been exposed? → Practice Physical Distancing

**How do I...?**

**Self-Quarantine?**

- Stay at home for 14 days from last day of exposure.
- Avoid contact with others.
- Don't share household items.

**Self-Monitor?**

- Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down, along with other symptoms.
- Call your doctor if you have trouble breathing or a fever (100.4°F / 38°C).
- Don't seek medical treatment without calling first.

**Practice Physical Distancing?**

- Stay home as much as possible.
- Don't physically get close to people.
- Try to stay 6 ft away.
- Don't hug or shake hands.
- Avoid groups of people.

**Get Tested for COVID-19?**

- Free tests in Salinas and Greenfield.
- You can get tested whether you have symptoms or not.
- Make an appointment at <https://lhi.care/covidtesting> or call 1-888-634-1123.

**WHAT IF I HAVE SYMPTOMS?** Call your healthcare provider OR Natividad Coronavirus Hotline: (831) 772-7365

COUNTY OF MONTEREY HEALTH DEPARTMENT | [montereycountycovid19.org](http://montereycountycovid19.org)

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