

# Home Isolation and Quarantine Instructions for People with COVID-19 Infection

The following instructions are for people who have positive tests for COVID-19. It also includes quarantine information for their close contacts, families, or caregivers.

*If you are a health care worker or first responder, please refer to guidance from your employer. If you test positive at a community testing site, urgent care or hospital, inform your medical provider of your positive result.*

**All persons who test positive for COVID-19 must isolate themselves and inform their close contacts**

More information on how to isolate and inform your contacts is on the next page

## Home Care

There is no specific treatment for the virus that causes COVID-19. Here are steps that you can take to help you get better:

- Rest
- Drink plenty of fluids
- Take acetaminophen (Tylenol®) to reduce fever and pain.
- Note that children younger than age 2 should not be given any over-the-counter cold medications without first speaking with a doctor.
- Note that these medicines do not “cure” the illness and do not stop you from spreading germs.

## Seeking Medical Care

Make a note of when your symptoms started and continue to monitor your health. Stay in touch with your doctor and seek prompt medical care if your symptoms get worse. People who are age 65 years and older or who have a health problem such as a chronic disease or a weak immune system [may be at a higher risk of serious illness](#).

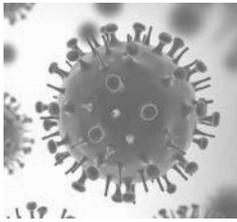
## Call 911 if there are emergency warning signs

				
<b>Difficulty Breathing</b>	<b>Pressure or pain in chest</b>	<b>Bluish lips or face *</b>	<b>Confused or hard to wake</b>	<b>Other serious symptoms</b>

People with emergency warning signs, \*including a Pulse Ox reading of less than 94%, should call 9-1-1. Tell the dispatch personnel that you have COVID-19. If it's not urgent, call ahead before visiting your doctor, you may be able to get advice by phone.

If you have questions about COVID-19, self-isolation, self-quarantine or COVID-19 in our community, please call 211.

COVID-19 may be stressful for people, for support call the Community Wellness Team at (805) 364-2750.



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## PROTECTING OTHERS

If you have a positive test, or you are ill and think you may have COVID, follow the steps below to help prevent the disease from spreading to people in your home and your community.

### When Does My Home Isolation End?

*You must stay home and separate yourself from others, even if you have no symptoms, until your home isolation ends*

#### If you had symptoms, you must stay home until:

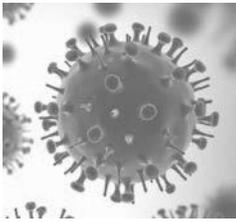
- You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) **AND**
- Your symptoms have improved (for example, cough or shortness of breath) **AND**
- At least 10 days have passed since any symptoms first appeared. If your symptoms, including fever, persist your isolation period will be longer.

#### If you tested positive for COVID-19 but never had any symptoms:

- You must stay home for 10 days after the test was taken, **but**
- If you develop symptoms, you need to follow the instructions above

### Stay Home and Separate yourself from other people in your home

- Stay in a specific room and away from other people in your home as much as possible. It is particularly important to stay away from people who are at higher risk of serious illness.
- Use a separate bathroom. If this is not possible, clean the bathroom after each use (see below).
- Stay at least 6 feet from others and wear a face covering when you are not able to maintain physical distancing in the home.
- Open windows, use a fan at an open window, or an air conditioner, in shared spaces in the home, if possible, to ensure good airflow from the outside.
- Do not allow visitors, except for those essential to your care.
- Do not handle pets or other animals.
- Stay home except to get medical care. Do not go to work, school, or public areas.
- If you must leave home, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, leave the windows down, and wear a mask or cloth face covering.
- Arrange for food and other necessities to be left at your door.
- If you need help finding free delivery services, social services, essential items like food and medicines, or a separate place to isolate, call 2-1-1 for assistance.



# Home Isolation and Quarantine Instructions for People with COVID-19 Infection

## Wear a facemask or cloth face cover when you are around others

- Wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a hospital or doctor's office. If you do not have a mask, wear a cloth face cover.
- A mask or cloth face cover should not be placed on anyone who has trouble breathing or is unable to remove it without assistance. Persons who cannot wear a mask for medical reasons may wear a face shield. Inexpensive face shields may be purchased online.
- If you are not able to wear a facemask or face cover, then people who live with you should not be in the same room with you. If they must enter your room, they should wear a facemask. After leaving your room, they should immediately clean their hands, then remove and dispose of their facemask, and clean their hands again.
- Use masks and face covers with caution with children.* Infants and children under 2 should not wear cloth face coverings. Those between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands.

## Avoid sharing food and personal household items

Do not prepare or serve food to others. Do not eat with other household members.

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. Wash them thoroughly with soap and water after use.

## Clean your hands often

Wash your hands often and thoroughly, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use soap and water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if your hands are visibly dirty.

## Clean and disinfect all “high-touch” surfaces every day

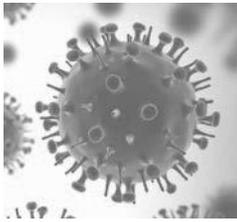
High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions. See cleaning instructions on the [CDC website](#).

## Inform your “close contacts” that they are at risk for COVID-19 and must quarantine at home

See instructions for close contacts on the next page.

## Returning to work or school

When [your home isolation ends](#) (see box above) you are no longer infectious, and you can resume your usual activities, including returning to work and/or school. You do not need to have a negative test or a letter from Public Health to return to work or school.



# Home Isolation and Quarantine Instructions for People with COVID-19 Infection

## INFORMATION FOR YOUR CLOSE CONTACTS

If you have symptoms of COVID, or you have a positive test, you must inform your close contacts that they are at risk for COVID-19 and need to quarantine.

You will need to inform your employer, as your close contacts may also be in the workplace.

### Definition of A Close Contact

A “close contact” is any person who meets the criteria in “a” or “b” below:

- a. Any person within 6 feet of you for a cumulative total of 15 minutes or more over a 24-hour period while you were infectious (e.g. *three 5-minute exposures for a total of 15 minutes*)
- b. Any person who had unprotected contact with your body fluids and/or secretions while you were infectious. For example, you coughed or sneezed on them, shared utensils or saliva, or they cared for you without wearing appropriate protective equipment. A cloth face covering is not considered protective equipment.

\*You are considered infectious from 2 days before your symptoms first appeared until your home isolation ends (often 10 days) OR  
From two days before your COVID-19 test until 10 days after the test if you never have any symptoms

## Quarantine

You must tell all of your close contacts that they need to be in quarantine for 10 days after their last contact with you. You need to give them the [Home quarantine instructions](#) **Your close contacts must stay home in quarantine even if they feel well.**

## Precautions for close contacts while you are isolated

- Everyone must stay at least 6 feet away from you while you are under home isolation.
- If this is not possible, anyone who continues to be in close contact with you will need to stay in quarantine for 14 days from the last time they had close contact with you while you are infectious, and as explained in the [Home quarantine instructions](#)
- Your caregivers and household contacts should wear a disposable facemask and gloves if they clean your room or bathroom or come into contact with your body fluids or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea).
- Remove and dispose of gloves first, then clean their hands, then remove and dispose of their facemask, and clean their hands again.
- See cleaning instructions on the CDC website. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

## MORE INFORMATION

For more information, visit the [Public Health website \( https://publichealthsb.org/ \)](https://publichealthsb.org/) .

If you have questions about COVID-19, self-isolation or self-quarantine please call 211.

Please call your health care provider for any questions related to your health. If you need help finding a health care provider, call 2-1-1.