sonoma county
DEPARTMENT OF HEALTH SERVICES
PUBLIC HEALTH DIVISION

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HOME ISOLATION AND QUARANTINE INSTRUCTIONS FOR PEOPLE DIAGNOSED WITH OR LIKELY TO HAVE COVID-19 AND THEIR HOUSEHOLD OR CLOSE CONTACTS

The following instructions are for people who are isolating or quarantining at their home or another residence. These instructions are not meant for people isolating or quarantining at a location identified by the County.

HOME ISOLATION INSTRUCTIONS

If you have been diagnosed or suspected to have COVID-19, you must follow these Home Isolation steps to prevent the spread of disease.

STAY HOME UNTIL YOU ARE RECOVERED

- Most people with COVID-19 will have mild illness and can get better with proper home care without the need to see a provider. If you are 65 years and older, pregnant, or have a health condition such as heart disease, asthma, lung disease, diabetes, kidney disease, or a weakened immune system, you are at a higher risk of more serious illness or complications.
- Do not go to work, school, or public areas.
- Stay home until at least 10 days after you first became ill AND at least 3 days after you have recovered. Recovery means that your fever (fever is a body temperature of 100.0F, or higher) is gone for 72 hours without the use of fever-reducing medications (e.g. Tylenol®) and your respiratory symptoms (e.g. cough, shortness of breath) have improved.
- If you never became ill but have COVID-19, stay home for at least 10 days following the date of your test (which is the date the test specimen was collected).
- People in your home, your intimate partners, and caregivers are considered "close contacts" and should follow the **Home Quarantine Instructions**. Please share this document with them.

WHAT IF YOU CAN'T SEPARATE YOURSELF FROM OTHERS?

- Anyone who continues to be in close contact with you will need to begin a new quarantine cycle of 14 days from the last day they had close contact with you, or from the date you are released.

HOME QUARANTINE INSTRUCTIONS

If you live in the same household OR had close contact with someone diagnosed with or suspected to have COVID-19 you must follow these Home Quarantine steps. It can take 2-14 days to show symptoms, so you may not know for up to 14 days if you are infected or not. You must stay home so that you do not pass on the infection to anyone else.

STAY HOME TO SEE IF YOU DEVELOP SYMPTOMS

- Your last day of quarantine is 14 days from when you were last in close contact with the person with COVID-19; you are released from quarantine on day 15. If you continue close contact, the 14-day quarantine period will have to restart.
  - Close contact means that you've been within 6 feet of the person with COVID-19 for more than 15minutes or touched body fluids or secretions without using the appropriate precautions.
  - If you are unable to avoid close contact, you must stay in quarantine until 14 days from when the person with COVID-19 completes their isolation period. This is likely to be at least 24 days total.

WHAT IF YOU DEVELOP SYMPTOMS?

- If you develop symptoms, you may have COVID-19 and you should follow the **Home Isolation Instructions.**
- Monitor your symptoms closely and seek medical care if symptoms become severe. You do not need to be tested just to confirm infection as most persons with respiratory infection, including COVID-19, will have mild illness which can get better with home care.

Will Public Health notify my workplace?
Public Health will not notify or release any personal information about you to your workplace unless it is necessary to do so to protect your health or the health of others.

RESTRICTIONS AND INFORMATION APPLYING TO BOTH THOSE IN HOME ISOLATION AND QUARANTINE

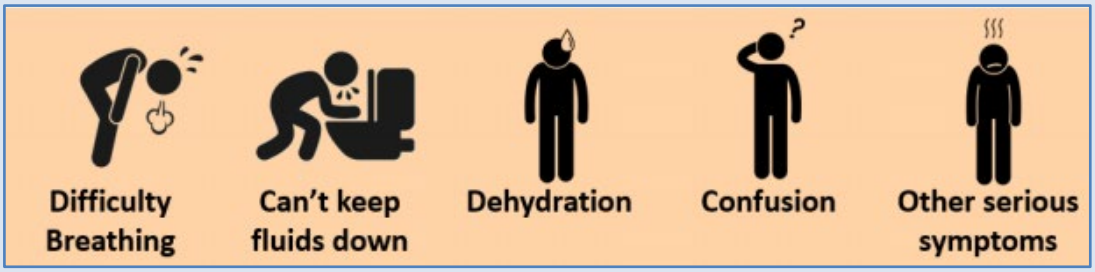
- Stay home. Do not go to work, school, or public areas.
- Separate yourself from others in your home. Stay in a specific room and away from other people in your home as much as possible. It is very important to stay away from people who are at higher risk of serious illness.
- Use a separate bathroom, if available.
- Do not prepare or serve food to others
- Do not allow visitors into your home.
- Do not use public transportation, ride shares or taxis.

PREVENT THE SPREAD

- **Cover your coughs and sneezes**. Cover your mouth and nose with a tissue or sneeze into your sleeve -- not into your hands -- then throw away the tissue into a lined trash can and immediately wash your hands.
- **Wash your hands often and thoroughly with soap and water for at least 20 seconds -** especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 62% alcohol can be used instead of soap and water if the hands are not visibly dirty.
- **Avoid sharing household items**. Do not share dishes, cups, utensils, towels, bedding and other items with people in your home. After using these items, wash them thoroughly with soap and water. Laundry may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary.
- **Clean and disinfect all "high-touch" surfaces every day.** High touch surfaces include, e.g. counters, tabletops, doorknobs, fixtures, toilets, phones, tv remotes, keys, keyboards, tables, 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.

PRACTICE HOME CARE

- 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 medication without first speaking with a doctor.
  - Note that medicines do not "cure" COVID-19 and do not stop you from spreading the germs.
- Seek medical care if your symptoms get worse, especially if you are at a higher risk of serious illness.
  - Symptoms that indicate you should seek medical care include:



- If possible, call ahead **before** going to your doctor's office or hospital and tell them you are in Isolation for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.
  - **<u>Do not</u> wait in any waiting rooms** and **wear a facemask at all times if possible.**
  - If you call 911, you must notify the dispatch and paramedics that you are under isolation for COVID-19.
  - Do NOT use public transportation.

Thank you for your cooperation in this important public health matter.

COVID-19 can be stressful for many people, here are some tips for managing emotional health during uncertain times at https://socoemergency.org/emergency/novel-coronavirus/mental-health/

If you have any additional questions, please see all of the options at https://socoemergency.org/, or at Sonoma County 211 or by calling 2-1-1.