



Home Isolation and Quarantine Instructions for People with Novel Coronavirus 2019 (COVID-19) Infection and Their Household or Close Contacts

Home Isolation Instructions	Home Quarantine Instructions
<p>If you have been diagnosed with COVID-19 OR you are awaiting COVID-19 test results, you must follow these Home Isolation steps to prevent the spread of disease.</p> <hr/> <p>Stay Home Until You Are Recovered</p> <ul style="list-style-type: none"> • 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 an underlying medical condition such as heart disease, asthma, lung disease, diabetes, kidney disease, liver disease, severe obesity or a weakened immune system, you are at a higher risk of more serious illness or complications. • Do <u>not</u> go to work, school, or public areas. • Stay home until at least 10 days after you first became ill <u>AND</u> at least 3 days after you have recovered. Recovery means that your fever 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 had symptoms but tested positive for COVID-19, stay home for at least 10 days following the date of your positive test. • People in your home, your intimate partners, and caregivers are considered “close contacts” and should follow the Home Quarantine Instructions on the right. Please share this document with them. <p>What if You Can’t Separate Yourself From Others?</p> <ul style="list-style-type: none"> • If you do not have a dedicated bedroom and bathroom that will not be shared with others during the isolation period, please call 2-1-1 or your assigned San Mateo County Health investigator to request alternate housing. • Anyone who continues to be in close contact with you will need to extend their quarantine period until 14 days from the last day they had close contact with you, or from the date you are released from isolation. 	<p>If you live in the same household OR had close contact with someone diagnosed with 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.</p> <hr/> <p>Stay Home to See if You Develop Symptoms</p> <ul style="list-style-type: none"> • Your last day of quarantine is 14 days from when you were last in close contact with the person with COVID-19. If you continue to be in close contact with that person, you will need to extend your quarantine period until 14 days from the last day you have close contact with him/her or from the date he/she is released from isolation. <ul style="list-style-type: none"> ○ Close contact means that you’ve been within 6 feet of the person with COVID-19 for more than 15 minutes or touched body fluids or secretions without using appropriate precautions. ○ If you do not have a dedicated bedroom and bathroom that will not be shared with others during the quarantine period, please call 2-1-1 or your assigned San Mateo County Health investigator to request alternate housing. • Measure and record your temperature twice a day. <p>What if You Develop Symptoms?</p> <ul style="list-style-type: none"> • If you develop symptoms, you may have COVID-19 and you should follow the Home Isolation Instructions on the left. • Monitor your symptoms closely and seek medical care if symptoms become severe. You do not necessarily need to be tested just to confirm infection as most persons with COVID-19 only develop mild symptoms and get better with home care. We will let you know if you should be tested. If you would like to be tested, please let us know and we will work together to decide whether testing is needed or not.
<p>Will Public Health notify my workplace? Public Health will not notify or release any personal information about you to your workplace unless it is deemed necessary to do so to protect your health and the health of others.</p>	





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](#), such as older adults (65 years and older) and people of any age who have serious underlying medical conditions.
- Use a separate bathroom.
- Do not prepare or serve food to others
- Do not allow visitors into your home.
- Do NOT use public transportation (bus, Caltrain, BART, etc.) or ride share services (Uber, Lyft, etc.).

Prevent 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 60% 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. It's recommended to store contaminated laundry in a separate hamper and wear disposable gloves while handling contaminated laundry. However, dirty laundry from a person with COVID-19 can be washed with other people's items. 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 counters, tabletops, doorknobs, fixtures, toilets, phones, TV remotes, keys, keyboards, 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, and take acetaminophen (Tylenol®) if needed 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 virus.
- Seek medical care if your symptoms worsen, especially if you are at a higher risk of serious illness.
 - Symptoms that indicate you should seek medical care include (but are not limited to the following):



Difficulty Breathing



Pressure or Pain in Chest



Bluish Lips



Confused or Hard to Wake



Other Serious Symptoms

- If possible, call ahead **before** going to your doctor's office or hospital and tell the staff you are in isolation or quarantine for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.
 - **Do not wait in any waiting rooms and wear a facemask at all times if possible.**
 - If you call 911, you must notify dispatch and paramedics that you are under isolation/quarantine for COVID-19.
 - Do NOT use public transportation (bus, Caltrain, BART, etc.) or ride share services (Uber, Lyft, etc.).

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 https://www.smchealth.org/sites/main/files/file-attachments/strategies_for_coping_with_communicable_disease_3-11-2020.pdf?1585612642.

If you have any additional questions, please visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html> or <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>.

