

What does it mean to be Isolated?

Stay at home except to get medical care.



You must stop doing activities outside your home, except for getting medical care. Do not go to work, school, grocery stores, or public areas. Do not use public transportation, ride-sharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you need help with this, please let us know at 245-7894 or call 2-1-1.

Separate yourself from other people in your home.

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.



Wear a facemask.



You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Monitor for symptoms.

Call the Public Health nurse if your symptoms worsen including fever of 100.0 ° F or above, feeling feverish, cough, or difficulty breathing. Promptly seek medical care when you need it, especially if you are at high risk for complications (if you have an underlying condition or are an older adult). Before seeing your healthcare provider, call and tell them that you are under isolation and tested positive to novel coronavirus (COVID-19). Put on a face mask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.



If you need emergency medical care call 911 and tell them you have tested positive to novel coronavirus. The CDC coronavirus Self-Checker can help you make decisions about seeking medical care:

www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html



Clean your hands.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 70% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are best if your hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water. If possible, use a different bathroom than other members of the household. Avoid close contact with household members. For tips on cleaning and disinfecting:



www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html

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 and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 70% alcohol.

Do not have company in your home.

Do not invite anyone into your home. If you have a delivery, ask the person to drop it outside of your door.



Protect members of your household.

If possible, family members who are elderly or have a weak immune system should stay somewhere else. If other family members are present in the same room, you should wear a mask. Any type of intimate contact should be avoided and you should stay at least 6 feet away from others at all times. Sleep and eat in separate rooms.

Going outside.

It is OK to go outside in your yard if you have one. However, you must stay on your own property. If you are living in an apartment complex, stay in your unit and private patio; avoid all common areas.



Find more information from these sources:

Local information-

- **Shasta Ready** - www.shasta.ca.us/covid-19/overview
- **Facebook** - www.facebook.com/shastahhsa/
- **Call 2-1-1 or go to** - www.211norcal.org/shasta

National information-

- **General Information** (CDC): www.cdc.gov/coronavirus
- **Sanitizing and Disinfecting** (CDC): www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html
- **Caring for someone at home** (CDC): www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html

What if I am unable to work due to COVID-19?

- You are allowed to work from home if your work does not involve any in-person contact with other people.
- For specific information on filing a Disability Insurance (DI) claim for COVID-19 related issues: www.edd.ca.gov/about_edd/coronavirus-2019/faqs.htm
- Individuals who are unable to work due to having or being exposed to COVID-19 (certified by a medical professional) can file a Disability Insurance (DI) claim. DI provides short-term benefit payments to eligible workers who have a full or partial loss of wages due to a non-work related illness.
Link: www.edd.ca.gov/Disability/How_to_File_a_DI_Claim_in_SDI_Online.htm
- Californians who are unable to work because they are caring for an ill or quarantined family member with COVID-19 can file a Paid Family Leave (PFL) claim. PFL provides up to six weeks of benefits payments to eligible workers who have a full or partial loss of wages because they need time off work to care for a seriously ill family member.
Link: www.edd.ca.gov/Disability/How_to_File_a_PFL_Claim_in_SDI_Online.htm
- Individuals who are unable to work as a result of their child's school closure can file an Unemployment Insurance claim. Eligibility considerations include if you have no other care options or if you are unable to continue working your normal hours remotely. Link: www.edd.ca.gov/Unemployment/Filing_a_Claim.htm

If you have questions or are having difficulty maintaining your isolation, please contact the Shasta County Public Health at (530) 245-7894.