

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 call 2-1-1.

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.

As much as possible, stay in a specific room and avoid contact with other household members to protect them from infection. Avoiding contact will also prevent lengthening quarantine periods of other members in your household. If possible, family members who are elderly or have a weak immune system should stay somewhere else. You should use a separate bathroom, if available. Sleep away from and others eat in separate rooms at all times. 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.

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 be in the same room with you, or they should wear a facemask if they enter your room.

Monitor for symptoms.

Write your symptoms and temperature each evening and morning. Public Health may contact you on your last day of isolation to determine if your symptoms have improved.

Seek medical care if you need it.



Call your medical provider if your symptoms worsen. 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 65 or older). Before seeking care, call and tell them that you tested positive for novel coronavirus (COVID-19). Put on a face mask before you enter the facility.

The CDC coronavirus Self-Checker can help you make decisions about seeking medical care:

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

If you need emergency medical care, call 911 and tell them you have tested positive for novel coronavirus.

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 60% 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. Use a different bathroom than other members of the household or disinfect the bathroom after each use. 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 60% alcohol.



Going outside.



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

Tell your close contacts that they need to quarantine themselves.

Close contacts who need to self-quarantine are people who were with you during your infectious period. The infectious period starts from 48 hours before your symptoms started (or 48 hours before the date of your positive test if no symptoms) and ends when the isolation period is over. Close contacts are people who:

- Live in or have stayed at your residence during the infectious period **OR**
- Had physical contact with you, such as providing care without wearing a mask, gown, and gloves **OR**
- Were within 6 feet of you for a prolonged period of time (≥ 15 minutes) during the infectious period.

Refer your close contacts to the “Home Quarantine Instructions” at <https://www.co.shasta.ca.us/covid-19/instructions> which describe steps that they must take to prevent spread of COVID-19. Close contacts have likely been exposed to COVID-19 and if infected, can easily spread COVID-19 to others, even if they have only mild symptoms.

Find more information from these sources:

Local information-

- **Shasta Ready** - www.shastaready.org
- **Facebook** - www.facebook.com/shastahhsa/
- **Call 2-1-1 or go to** - www.211norcal.org/shasta/ (general resource and referral)

National information-

- **General Information** (CDC): www.cdc.gov/coronavirus
- **Sanitizing and Cleaning** (CDC):
www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html
- **Caring for someone sick 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.
- If you are unable to work because you are ill with COVID-19 symptoms or are subject to an isolation or quarantine order, you may be eligible for paid leave under California Paid Sick Leave laws, California COVID-19 Supplemental Paid Sick Leave for Food Sector Workers, or the Federal Families First Coronavirus Response Act (FFCRA). For more information, visit:
https://www.dir.ca.gov/dlse/paid_sick_leave.htm
<https://www.dir.ca.gov/dlse/FAQ-for-PSL.html>
<https://www.dol.gov/agencies/whd/pandemic>
- For specific information on filing a Disability Insurance (DI) claim for COVID-19 related issues:
Link: 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 benefit 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 quarantine, visit www.shastaready.org, call 2-1-1, or call Shasta County Public Health at (530) 225-5591.

Symptom monitoring during Isolation

What do I need to do?

- Take your temperature twice a day (morning and night) and record on the daily monitoring sheet.
- You should keep a record of whether you are taking any medication with aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), Motrin® or Advil® (ibuprofen). If you are taking any of those medications, temperature readings should be taken before your next dose.
- Monitor daily for symptoms including fever (temperature of 100.4° F or above), feeling feverish, chills, cough, night sweats or difficulty breathing.

What do I do if I develop symptoms?

- **If your symptoms get worse or you get new symptoms that need medical attention** (i.e. high fever, cough, or difficulty breathing), call your healthcare provider and tell them that you have tested positive for novel coronavirus, or use telehealth. Many insurance companies also offer call lines for you to speak directly with a nurse.
- **If you need emergency medical care call 911** and be sure to tell them you have tested positive for novel coronavirus. Or call Dignity Mercy Emergency Room (225-6000), or SRMC Emergency room (244-5400) before you arrive.
- Put on a face mask before you enter the facility. These steps will help keep other people from getting infected or exposed.

How long will monitoring last?

- Symptom monitoring will continue until your Isolation period ends. If you are symptomatic, your isolation period will end after 10 days since your symptoms began AND at least 24 hours have passed since resolution of fever without the use of fever-reducing medications AND other symptoms have improved. If you never developed symptoms, your isolation period will end after 10 days have passed since your first positive test date.
- Shasta County Public Health may contact you on the last day of isolation to review your Symptom and Temperature Log.

Questions? Call Shasta County Public Health at 225-5591 and ask to speak to a Public Health Nurse (Monday - Friday, 8:00 AM - 5:00 PM)

Symptom and Temperature Log

Write your symptoms and temperature in the space below each morning and each evening

Day	Date	Symptoms	Temperature
1		AM:	
		PM:	
2		AM:	
		PM:	
3		AM:	
		PM:	
4		AM:	
		PM:	
5		AM:	
		PM:	
6		AM:	
		PM:	
7		AM:	
		PM:	
8		AM:	
		PM:	
9		AM:	
		PM:	
10		AM:	
		PM:	
11		AM:	
		PM:	
12		AM:	
		PM:	
13		AM:	
		PM:	
14		AM:	
		PM:	

If you are contacted by Shasta County Public Health on your last day of isolation, it is important to share any changes to your symptoms.