

# 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, 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.

## 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 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](http://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 COVID-19.

## 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](http://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html)

Isolation end date: \_\_\_\_\_ (10 days after symptoms started or 10 days after test date if you don't have symptoms)

Updated 11/18/2020

## 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 ( $\geq 15$  minutes) during the infectious period.

Refer your close contacts to the “Home Quarantine Instructions” at <https://www.co.shasta.ca.us/ready/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.

**More resources are available at [www.ShastaReady.org](http://www.ShastaReady.org)**

**If you have questions or are having difficulty maintaining your quarantine, visit [www.shastaready.org](http://www.shastaready.org), call 2-1-1, or call Shasta County Public Health at (530) 225-5591.**