

What does it mean to be isolated?



STAY AT HOME EXCEPT TO GET MEDICAL CARE

If you test positive for COVID-19, you must isolate for a minimum of 5 full days. Do not leave your home or property. Do not go to work, school, grocery stores, or public areas. Do not have visitors or share meals with other household members. Arrange for groceries and household items to be delivered to your home. If you need help with grocery delivery, financial difficulties or require other assistance to quarantine, see **RESOURCES** at the end of this document.

SLEEP AND STAY IN YOUR OWN ROOM

Stay in your own room and sleep and eat away from others. Avoid contact with other household members to protect them from infection or lengthening their quarantine periods. If possible, household members who are elderly or have a weak immune system should stay somewhere else. Use your own bathroom if possible. If you must occupy the same room as someone else for any length of time, wear a mask and stay at least 6 feet away from each other. If you are not able to wear a mask (for example, due to difficulty breathing), then people should not be in the same room with you, or they should wear a mask and stay 6 feet away from you.



DON'T SHARE 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 you cannot use a different bathroom than other members of the household, disinfect the bathroom after each use. For tips on cleaning and disinfecting:

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

MONITOR YOUR SYMPTOMS AND SEEK MEDICAL CARE IF YOU NEED IT

Write down your temperature and any symptoms in the morning and the evening. Promptly seek medical care if you develop new or worsening symptoms, especially if you are at high risk for complications (if you have underlying medical conditions or are 65 years or older). Before seeking care, call the provider to tell them that you have COVID-19. Put on a mask before you enter the facility. If you have symptoms, your isolation period may end after 5 days from when 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 symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.

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 COVID-19.



WASH 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. Avoid touching your eyes, nose, and mouth with unwashed hands.

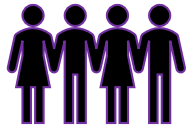


COVER COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash or sanitize your hands.

GOING OUTSIDE

It is okay 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 or 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 (15 minutes or longer) 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.

RESOURCES

211: Food, housing, transportation and more. Dial 211 on your phone or visit 211norcal.org/Shasta.

ShastaReady.Org: Information and resources concerning including wildfires, extreme weather, and COVID-19.

Shasta County Health and Human Services Resource Page: <https://www.co.shasta.ca.us/index/hhsa/financial-help>.

If you have questions or are having difficulty maintaining your isolation, visit www.shastaready.org, call 2-1-1, or call Shasta County Public Health at (530) 225-5591.