



# COVID-19 Guidance

At Home Quarantine & Isolation Safety



## Who is this guidance for

- People who have tested positive for COVID-19.
- Individuals in close contact with people who have tested positive for COVID-19 – close contact means:
  - any household member
  - individuals that have shared a home within 14 days of a person's COVID-19 diagnosis
  - intimate partners
  - caregivers
  - someone who was within six feet of an infected person for 15 minutes or longer

## Why is the guidance needed

COVID-19 is a respiratory illness that has spread worldwide and is caused by a novel virus (a virus we have not seen before). California is one of the hardest-hit states, and Marin County currently has ongoing transmission of COVID-19.

### Marin County has issued orders that state:

- All individuals who have been diagnosed with or are likely to have COVID-19 must isolate themselves.
- Close contacts (All household members, intimate partners, and caregivers) of a person with COVID-19 must quarantine themselves.

## General Recommendations

| COVID-19 positive people must isolate:  | Close contacts of COVID-19 positive people must quarantine:   |
|---|---|
| <b>ISOLATION:</b> separates sick people with a contagious disease from people who are not sick. | <b>QUARANTINE:</b> separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms. |

## Isolation Instructions:

Most people with COVID-19 will have mild illnesses that can be treated at home. However, remember that even if your illness is mild, you can still infect others. Therefore it is important that you carefully follow these Isolation Instructions.

- **Stay at home:**
- **Do not go to school or work.**
- **Do not run errands:** A household member or friend should handle any outside activities that are allowed under the shelter-in-place order, such as grocery shopping.



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## At Home Quarantine & Isolation Safety

- **If you live alone** or do not have family/friends who can go grocery shopping for you, call 415-473-7191 for information about food access and food deliveries.
- **Leave your home only if you have a medical emergency.**
- **Remain in isolation for at least 10 days** after your first symptoms AND at least 24 hours fever free (without fever-reducing medicine), and other symptoms improve. ***If you never became ill but have COVID-19, stay home for at least 10 days following the date of your test.***
- **Only go to the doctor's office or hospital if you have severe illness.** Serious illness includes\*:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

*\*There may be other serious symptoms that are not listed here. Please consult your medical provider for any other symptoms that are severe or concerning.*

If possible, call **before** going to the doctor's office or hospital and tell them you are in isolation for COVID-19 so they can be prepared.

- *DO wear a face mask*
- *If you call 911 DO tell them you are in isolation for COVID-19*
- *DO NOT wait in the waiting room*
- *DO NOT use public transportation*
- **You may be at higher risk of serious illness or complications if you are:**
  - 65 years and older
  - Pregnant
  - have a health condition such as heart disease, asthma, lung disease, diabetes, kidney disease
  - have a weakened immune system
- Notify anyone that is a close contact that you are COVID-19 positive and that they need to immediately quarantine themselves for 14 days after your last contact with them.
- Follow the doctor's orders for care, treatment, and isolation guidance.
- CDC's guide "If You Are Sick or Caring for Someone" can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>.
- People in your home, your intimate partners, and caregivers are considered "close contacts" and should follow the **Home Quarantine Instructions**. Please share this document with them.



- Isolate yourself to a small space in your home: If possible, designate a room and bathroom that only you will use. The smaller the area, the easier it will be to disinfect it properly.

Household members should not enter your isolation area, and you should not leave, instead:

- **Leave meals outside** the door of the isolation area.
- **Clean and disinfect returned items (like dishes) immediately** before putting them away. Use gloves when cleaning and disinfecting.
- **Limit items that enter/leave the isolation** area to necessities.

## Home Quarantine Instructions

This guidance is for close contacts of a COVID-19 individual.

- **Stay at home to see if you develop symptoms:**
- **If you do not develop symptoms**, your quarantine can end:
  - On day 10 from when you were last in close contact with the person with COVID-19; **OR**
  - On day 7 from when you were last in close contact with the person with COVID-19, **IF** you are tested for COVID-19 on day 5 or later **AND** the test result is negative.
- If you continue close contact, the 10-day quarantine period will have to restart. Close contact means you have:
  - Been within 6 feet of the person with COVID-19 for more than 10 minutes
  - Touched body fluids or secretions without using the appropriate precautions (gloves, mask, etc.).
- If you are unable to avoid close contact, you must stay in quarantine until 10 days from when the person with COVID-19 completes their isolation period. Your quarantine period is likely to be at least 21 days total.
- After you finish quarantine, continue to monitor symptoms through day 14 from when you were last in close contact with the person with COVID-19.
- **If you develop symptoms:**
  - Immediately self-isolate and follow the **Home Isolation Instructions**.
  - Monitor your symptoms closely and seek medical care if symptoms become severe.
  - Contact your healthcare provider for COVID-19 testing.



## Cleaning and Disinfecting Guidelines for Isolation & Quarantine

- **Clean and disinfect any surfaces you touch.** Disinfect household surfaces every day. These surfaces include counters, toilets, TV remotes, phones, doorknobs, etc. To properly clean:
- **Use EPA approved disinfectant:** This chart lists all approved disinfectants that kill the COVID-19 virus. <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>.

If you do not have an EPA approved disinfectant, you can use a solution of 1/3 cup household bleach to one gallon of water. Leave the solution on the surface for five minutes to disinfect properly.

- **Carefully follow cleaning instructions:** The amount of time a disinfectant should stay on a surface will depend on the product. The time can vary from 30 seconds to 5 minutes. Read the instructions on the container to know how to properly kill the virus that causes COVID-19.
- **Clean dirty surfaces with detergent or soap and water *before* disinfecting them.**
- **Use precautions when washing soft surfaces:**
- **Wear disposable gloves when handling potentially infected laundry.** If disposable gloves are not available, disinfect the outside of reusable gloves ***before*** removing them.
- **Do not shake laundry before putting in the washing machine** to avoid dispersing any virus into the air.
- **Use the warmest water setting possible** (based on the manufacturer's care instructions). Thoroughly dry all clothing.
- **Clean and disinfect clothing hampers the same way you would clean and disinfect other hard surfaces.**
- **It is OK to wash clothes/sheets from the isolation area with other clothes/sheets but keep isolation area laundry separate until you plan to do laundry.**
- **Do not share items:** If possible, do not share things like phones and computers. If you must share, be sure to properly disinfectant before sharing with anyone in the household.
- **Wash your hands frequently:** Wash your hands for at least 20 seconds with soap and warm water. Avoid touching your eyes, nose, or mouth with your hands – particularly with unwashed hands.
- **Designate a "non-high risk" person to deliver your meals, etc.:** If possible, have a low-risk household member bring meals. People at lower risk for COVID-19 are generally younger and do not have health conditions (for example asthma or heart disease).



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### Healthy Hygiene to Prevent the Spread of COVID-19

- **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 62% alcohol can be used instead of soap and water if the hands are not visibly dirty.

#### Where to get more information and help

##### CDC Detailed Recommendations for Household Cleaning and Disinfection:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

##### Mental or Emotional Health Support:

- <https://www.211ca.org/> or call 2-1-1.
- <https://www.marinhhs.org/bhrs> or call 1-800-985-5990

##### Updated COVID-19 Cases:

- Worldwide: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/world-map.html>
- United States: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>
- California: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- Marin County: <https://coronavirus.marinhhs.org/>

##### Sources:

- *Centers for Disease Control*
- *California Department of Public Health*
- *Environmental Protection Agency*
- *Marin Health and Human Services*