

# Home Isolation Guidance For People With COVID-19

The following instructions are for people who have COVID-19.  
It also includes information for their families or caregivers.

*If you are a health care worker or first responder, refer to guidance from your employer.*

## Home Care

There is no specific treatment for the virus that causes COVID-19. Here are steps that you can take to help you get better:

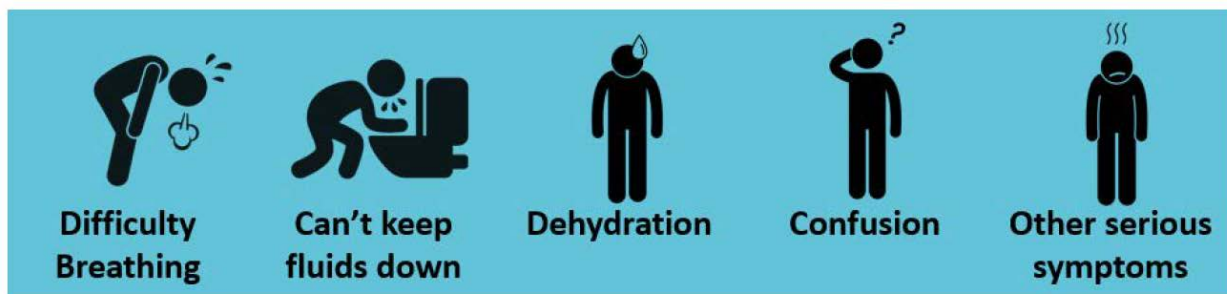
- Rest
- Drink plenty of fluids
- Take acetaminophen (Tylenol®) to reduce fever and pain.

Children younger than 2 years old should not be given any over-the-counter cold medications without first speaking with a doctor.

Note that these medicines do not “cure” the illness and do not stop you from spreading the virus.

## Seek Medical Care

Seek prompt medical care if your symptoms get worse, especially if you are at a higher risk of serious illness. This includes people who are 65 years and older, pregnant, or have health problems such as a chronic diseases or a weak immune system. It is recommended that you seek medical care for serious symptoms, such as:



People with life-threatening symptoms should call 911. Tell the dispatcher that you have COVID-19. If possible, put on a face covering or mask before emergency medical services arrive.

If it's not urgent, call ahead before visiting your doctor, you may be able to get advice by phone. If you do visit a health care facility, put on a face covering or mask before you enter to protect others from catching the infection from you.

COVID-19 may be stressful for people. Visit Sacramento County [Behavioral Health COVID-19 General Resources](#) website to learn how to care for your mental health and support your loved ones.

## PROTECTING OTHERS

**Follow the steps below to help prevent the disease from spreading to people in your home and your community.**

### Stay home except to get medical care

- Do not go to work, school, or public areas.
- Stay home until at least 10 days have passed since your symptoms first appeared **AND** at least 24 hours with no fever without the use of fever-reducing medication **AND** other symptoms have improved.

- If you must leave home to get medical care, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, leave the windows down and wear a face covering or mask, if possible.
- Arrange for food and other necessities to be left at your door if you do not have anyone at home to help you. If you need to meet someone at your door, wear a face covering or mask.

### **Separate yourself from other people in your home**

- Stay in a specific room and away from other people in your home as much as possible. It is particularly important to stay away from people who are at higher risk of serious illness. Consider alternate living arrangements for them if at all possible.
- Use a separate bathroom. If this is not possible, clean the bathroom after use (see below).
- Stay at least 6 feet away from others.
- Open windows or use a fan or an air conditioner in shared spaces in the home, if possible, to ensure good airflow.
- Do not allow visitors and limit the number of people in your home.
- Do not handle pets or other animals while you are sick.
- Do not prepare or serve food to others.
- Use a face covering or mask if you are in the presence of other people or need to take care of your children.

### **Wear a face covering or mask when you are around others**

- You should wear a face covering or mask when you are around other people (e.g., shared room or vehicle) or pets and before you enter a hospital or doctor's office.
- If you are not able to wear a face covering or mask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you. If they must enter your room, they should wear a disposable facemask. After leaving your room, they should immediately clean their hands, remove and dispose of their facemask, and clean their hands again.
- Infants and children under 2 should not wear face coverings or masks. Those between the ages of 2 and 8 should use them but under adult supervision to ensure the child can breathe safely and avoid choking or suffocation.

### **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. Immediately wash your hands.

### **Avoid sharing personal household items**

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. Wash them thoroughly with soap and water after use.

### **Clean your hands often**

Wash your hands often and thoroughly, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use soap and water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if your hands are visibly dirty.

### **Clean and disinfect all "high-touch" surfaces every day**

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions. See instructions on [Cleaning Your Home](#).

## Returning to work or school

When your home isolation ends and you are no longer infectious, you can resume your usual activities, including returning to work and/or school.

For individuals with symptoms, isolate for:

- a. At least 10 days have passed since your symptoms first appeared **AND**
- b. At least 24 hours with no fever without the use of fever-reducing medications **AND**
- c. Other symptoms have improved

For individuals with no symptoms, isolate for:

- a. 10 days from the date the first COVID-19 positive test was collected

You should not need to repeat your test if it was positive and you do not need to have a negative test or letter from Public Health to return to work or school.

## INFORMATION FOR YOUR CLOSE CONTACTS

### Quarantine

Be sure to tell all of your close contacts that they need to be in quarantine for 14 days after their last contact with you. Close contacts include all household members, any intimate contacts, and all individuals who were within 6 feet of you for more than 15 minutes, starting 48 hours before your symptoms began until your isolation period ends. In addition, anyone who had contact with your body fluids and/or secretions (such as were coughed on/sneezed on, shared utensils or saliva or provided care to you without wearing protective equipment) needs to be in quarantine. They should self-quarantine even if they feel well because it can take 2– 14 days for them to show symptoms. See the [Home Quarantine Guidance for Close Contacts to COVID-19 Persons](#).

### Precautions for close contacts

It is recommended that everyone stays at least 6 feet away from you while you are under home isolation. If this is not possible, anyone who continues to be in close contact with you will need to extend their quarantine period to 14 days from the last time they had close contact with you.

Your caregivers and household contacts should wear a disposable facemask and gloves if they clean your room or bathroom or come into contact with your body fluids, and/or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea). They should remove and dispose of their gloves first, clean their hands, then remove and dispose of their facemask, and clean their hands again.

### What should I do if I have additional questions?

Visit the [Public Health website](#) for more information about coronavirus. Please call your health care provider for any questions related to your health.