



# Home Isolation Instructions for People with COVID-19

In Sacramento County, if you have COVID-19 (positive COVID-19 test\* and/or diagnosed by a health care provider) you are required to:

- **Isolate - stay home and avoid contact with others**
- **Notify your close contacts that they need to self-quarantine**
- **Follow the [Health Officer Isolation Order](#) along with the steps below**

*Health care workers and first responders should follow guidance provided by their employers.*

*\*Positive COVID-19 test by PCR or antigen (nasal swab or saliva test). If you recently had COVID-19 (within 90 days) and you test positive again but you don't have any symptoms, talk to your doctor to see if you have COVID-19 again.*

## Isolate

You must stay home and separate yourself from others until your home isolation ends.

- Stay away from household members.
- Do not go to work, school, or public areas.
- If you must leave your home to seek medical care, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, be sure to 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.

## How long do I need to isolate?

If were tested positive for COVID-19 and/or were diagnosed by a health care provider and you have symptoms, you must isolate until:

- At least 10 days have passed since your symptoms first appeared **AND**
- You have not had a fever for at least 24 hours (without the use of fever-reducing medication) **AND**
- Your other symptoms have improved.

If you tested positive for COVID-19 and you do not have any symptoms, you must isolate until:

- 10 days after the test was taken
- If you develop symptoms, follow the instructions above

## Home Care

Most people with COVID-19 will have mild illness and can get better with proper [home care](#). Here are steps that you can take to help you get better:

- Rest and drink plenty of fluids
- Take over-the-counter medicine such as acetaminophen (Tylenol®) to reduce fever and pain. Note: 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.

Seek medical care for serious symptoms, such as:



**Difficulty Breathing**



**Pressure or pain in chest**



**Bluish lips or face**



**Confused or hard to wake**



**Other serious symptoms**

People with life-threatening symptoms should call 911. Tell the dispatcher that you have COVID-19. If possible, put a face covering or mask on 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 a face covering or mask on 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 additional steps below to help prevent the disease from spreading to people in your home and your community.

### 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. Wear a face covering or mask if this cannot be done.
- 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.
- Do not make or serve food to others.
- Avoid caring for children, if possible, or wear a face covering or mask if you have to provide care for children.
- Do not handle pets or other animals.

### **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](#).

### **Talk to Public Health**

Help slow the spread of COVID-19 by responding to a health assessment sent to you by email or text message or by answering a few questions when you get a call from Sacramento County Public Health. If you tested positive but have not received the health assessment or a call from Sacramento County Public Health, please call (916) 875-5881 between 8:00 AM and 5:00 PM.

### **Work and school**

If you work and/or go to school in a setting where you could have gotten COVID-19 or spread it to others, notify your workplace or school so they can advise others to test and/or quarantine as needed.

When your home isolation ends and you are no longer infectious, you can resume your usual activities, including returning to work and/or school. 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\* to self-quarantine even if they feel well by doing the following (see the [Home Quarantine Instructions for Close Contacts to COVID-19](#) for more information):

- Quarantine for a full 10 days from the day of last contact with you if they are not experiencing any symptoms. This does not apply to persons at high risk for severe disease, persons working in high-risk settings (i.e. skilled nursing and correctional facilities) unless there is a critical staffing shortage, or immunocompromised individuals who should continue to quarantine for 14 days.
- For those following the 10-day quarantine should continue to monitor for symptoms until after Day 14 from the day of last contact with you and follow all recommended practices, including wearing face coverings or masks at all times (including in your household), staying at least 6 feet from others, and other ways to [protect themselves and others](#).
- Close contacts who develop symptoms must isolate according to these Home Isolation Instructions for Persons with COVID-19.

\*[Close contact](#) is someone who:

- Was within **6 feet** of a person with COVID-19 for a **total of 15 minutes or more** over a **24-hour period**, starting from 2 days before the person with COVID-19 had symptoms (or, for persons who did not have symptoms, 2 days before testing for COVID-19) until that person is allowed to end their home isolation
- Had contact with the body fluids or secretions of a person with COVID-19 without the use of proper precautions

### 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 10 days from the last time they had close contact with you as mentioned above.

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.