

Guidance: POSITIVE/CONFIRMED CORONAVIRUS DISEASE (COVID-19)

If you have been diagnosed with COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

- 1) If you live alone, stay home and isolated from others. If you live with other people, isolate yourself and stay in a specific room and away from other people in your home. Use a separate bathroom, if available.

You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask, if possible.

- 2) Other people in your home should remain in the home and check their symptoms daily for 14 days past your first day of isolation.
- 3) Remain isolated and at home except to get medical care
- 4) Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

- 5) Wear a facemask

You should wear a facemask, if possible, before you enter a healthcare provider's office.

- 6) 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 clean your hands as described below.

- 7) Clean your hands often

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 preferred if hands

are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

8) Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water and dried before use by others.

9) Clean all “high-touch” surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

10) Monitor your symptoms

Call your provider if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have COVID-19. If possible, put on a facemask before emergency medical services arrive.

Home isolation support

If you do not have outside support and will require supportive services while you are on isolation, please visit LoveOurCity.com or call 2-1-1. If you need mental health support, please see behavioral health handout.

Discontinuing home isolation

For individuals with symptoms who are confirmed cases of COVID-19 and are directed to care for themselves at home, may start the process to discontinue home isolation under the following conditions:

- At least 24 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms (e.g., cough, shortness of breath); **AND**,
- At least 10 days have passed since symptoms first appeared. For individuals who were admitted to a hospital for COVID-19, at least 20 days have passed since first symptoms appear.

Individuals with laboratory-confirmed COVID-19 who have not had any symptoms may start the process to discontinue home isolation when at least 10 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

Placer County does not recommend retesting for COVID-19 to determine clearance.

Additional information

Additional information for you, your household members, and caregivers is available at:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>