Home Isolation Instructions for COVID-19

These instructions are for people who are confirmed cases, those clinically suspected to have COVID-19, or those displaying symptoms of COVID-19.

Home Care Guidance:

Those who have tested positive for COVID-19 or those showing symptoms of COVID-19 should monitor their symptoms and isolate at home, separating themselves from others in the home until they complete their isolation period.

To relieve symptoms, individuals can:

- Rest and allow their body to recover
- Stay hydrated—drink plenty of fluids, especially water and drinks with electrolytes
- Take over-the-counter medications such as acetaminophen (Tylenol) as needed to reduce fever and pain
  - For children under the age of 2, speak with your primary care provider before providing medication.

Seeking Medical Care: Monitor your health and seek care if your symptoms get worse, especially if you are at an increased risk for serious illness. **Call 911 if you are experiencing: trouble breathing, pressure or pain in chest, bluish lips or face, new confusion, and/or inability to wake or stay awake.** Please tell the 911 operator that you have COVID-19 and if possible, put on a face mask before care.

1. Stay home except to seek medical care (if needed).
   - Do not go to work, school, or public areas.
   - Stay home and away from others until you have completed your isolation period (see below).
   - If you must leave home, it is recommended you drive yourself, but if you cannot, keep as much distance as possible between yourself and the driver, drive with the windows down, and wear a tight-fitting mask.
   - Arrange for food and other necessities to be delivered to your home and left at your door. If you need help with this, please call 1-209-925-1332.
2. Separate yourself from other people in your house.
   - Identify a room in your house that will be used for you to separate yourself from others while you recovered and stay in that space as much as possible.
   - Use a separate bathroom if possible. If this is not possible, clean and disinfect it after each use.
   - Try and stay at least 6 feet away from others in our home. Do not care for children or others in your home.
   - Open windows or use a fan systems in shared spaces of the home to ensure good airflow.
   - Do not allow visitors in your home, do not handle pets or other animals, and do not prepare or serve food to others.
   - If you cannot safely follow this guidance, call 1-209-259-1332 for support.

3. Wear a face mask if you will be around others. It is important for others to also mask up around you.

4. Cover coughs and sneezes using a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water.

5. Avoid sharing household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or additional items with other people in the home. These items should be washed thoroughly after each use with warm soap and water.

6. Wash your hands often. All people in the home should wash their hands often and thoroughly, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use soap and water for at least 20 seconds. If you do not have access to soap and water, use a hand sanitizer with at least 60% alcohol.

7. Clean all high-touch surfaces every day. This includes counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboard, tablets, and bedside tables. Use EPA approved products proven for use against the COVID-19 virus, such as Clorox Disinfecting Wipes, Lysol Clean & Fresh Multi-Surface Cleaner, Purell Professional Surface Disinfectant Wipes.
   - Follow the recommendations provided on labels and use appropriate precautions.
   - To make a bleach solution at home add 4 teaspoons bleach to 1 quart (4 cups) of water. For a larger supply, use 1/3 cup of bleach and 1 gallon (16 cups) of water.
   - Wash laundry thoroughly. Immediately remove and wash clothes or bedding that have blood, body fluids, and/or secretions or excretions on them.
   - Wear disposable gloves while handling soiled items and wash your hands immediately after removing your gloves. Place any used disposable gloves, gowns, face masks, or other contaminated items in the lined container before putting them with other household trash.
Mental Health Support:

COVID-19 can be stressful for people. Maintaining your mental health and wellness during a pandemic is important. We are all impacted by COVID-19 in different ways. Here are some ways you can take care of your mental health.

- Take care of your body, by maintaining routines for meals, exercise, and sleep.
  - Try to eat well, focusing on healthy foods and building routines around mealtime.
  - Plan physical activities that can be done while at home. Find things you enjoy that keep your body moving.
  - Get plenty of sleep and avoid alcohol, tobacco, and other drugs that disrupt sleep.
- Practice relaxation techniques that help to reduce stress such as meditations.
- Connect with others in a safe way. Focus on phone calls, virtual gatherings, and other ways to stay connected.
- Take breaks and make time to unwind with activities you enjoy or new activities.

Common signs of distress may include:

- Feelings of numbness, disbelief, anxiety, or fear
- Changes in appetite, energy, and activity levels
- Difficulty concentrating
- Difficulty sleeping or nightmares and upsetting thoughts and images
- Physical reactions, like headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Anger or short-temper
- Increased use of alcohol, tobacco, and/or other drugs

Mariposa County Behavioral Health Crisis Line:

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<tr>
<th>Confidential, Safe, and Free • Available 24/7 • Connection to a range of services</th>
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<tr>
<td>1-209-966-7000</td>
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<td>1-800-549-6741</td>
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Inform Your Close Contacts

Close Contact: anyone who has been within 6 feet of you for a cumulative total of 15 minutes or more over a 24-hour period while you were considered infectious and anyone who had contact with your body fluids and/or secretions (people who were coughed or sneezed on, share utensils, provided care to you without wearing PPE).

You are considered to be infectious starting 48 hours (2 days) before your symptoms began until your isolation period ends. If you do not have symptoms, this period starts 48 hours (2 days) before your positive test was taken.

Quarantine: Close contacts of a positive case should follow the California Department of Public Health guidance for quarantine.

If you are unvaccinated or vaccinated and booster-eligible, but not yet boosted:**

- Stay home for at least 5 days after you last contact with a person who has COVID-19.
- Test on day 5.
- Quarantine can end after day 5 (as early as day 6) if you do not have any symptoms AND a test sample collected on day 5 or later is negative.
- If unable to test or choosing not to test and not experiencing symptoms, quarantine can end after day 10 (on day 11).
- A well-fitting mask should be worn around others for a total of 10 days, especially in indoor settings. This is regardless of if an individual is released from quarantine after day 5 or day 10.
- If at any time you develop symptoms or test positive, you should immediately follow isolation recommendations.

**Workplace Setting (no applicable to healthcare personnel): asymptomatic employees in this category are not required to stay home from work if 1) a negative test is obtained within 3-5 days after last exposure to a case, 2) employee wears and well-fitting mask around others for 10 days, and 3) employee continues to have no symptoms.

If you are boosted or vaccinated and not yet booster-eligible:

- Test on day 5.
- A well-fitting mask should be worn around others for a total of 10 days, especially in indoor settings.
- If at any time you develop symptoms or test positive, you should immediately follow isolation recommendations.
Ending Home Isolation:

Regardless of vaccination status, anyone with COVID-19 may end home isolation once **ALL** of the following conditions are met:

- At least 5 days have passed since your symptoms first appeared or your positive test result AND
- You have not had a fever for at least 24 hours without the use of fever-reducing medication AND
- If you experienced symptoms, when your symptoms have improved AND
- You get a diagnostic test** on day 5 and result is negative AND
- You continue to wear a face mask around others for an additional 5 days (or at least 10 days after symptoms first appeared or you tested positive).

People with **severe to critical illness** or who are **severely immunocompromised** should consider consulting your primary care provider before ending isolation.

**If you do not test again on day 5 or cannot wear a face mask when around others, continue to isolate through day 10.**

Additional Resources:

Mariposa County Resources:

- COVID-19 Testing—[lhi.care/covidtesting](http://lhi.care/covidtesting) 1-888-634-1123
- Community Resources—[www.mariposacounty.org/2375](http://www.mariposacounty.org/2375)

Schools:

- CDPH Guidance—[www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx](http://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx)
- CDPH Guidance FAQ Page—[www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/schools-faq.aspx](http://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/schools-faq.aspx)

Workplace:

- CalOHS—[www.dir.ca.gov/dosh/coronavirus/ETS.html](http://www.dir.ca.gov/dosh/coronavirus/ETS.html)

Mental Health:

- CalHOPE—[www.calhope.org](http://www.calhope.org)