

# Amador County Public Health Department

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## **APPENDIX B: HOME ISOLATION INSTRUCTIONS**

### **FOR PEOPLE WHO HAVE BEEN DIAGNOSED WITH COVID-19**

#### **During your Isolation period, please follow the instructions below:**

1. Do not leave your home or place of isolation except to receive necessary medical care or during an emergency that requires evacuation to protect the health and safety of the individual.
2. Wear a facemask whenever in the same room as others, even within your household.
3. Stay in a specified room away from other household members and use a separate bathroom if possible. If areas need to be shared, like a kitchen or a bathroom, increase the frequency of cleaning those areas, including doorknobs, fixtures, and toilets.
4. Do not go to work even if you work for an Essential Business, perform Essential Government Functions, operate or maintain Essential Infrastructure.
5. Do not travel, even if it is Essential Travel as defined by the Stay-at-Home Order, with the exception of receiving medical care.
6. Utilize delivery services, such as Amazon or Instacart, or send another person on errands.
7. Do not share dishes, eating utensils, towels, bedding, drinking glasses without first washing the items with soap and water.
8. Cooperate with directives from Public Health or its designee to collect and report symptoms and other health data as requested during the entire period of your isolation.
9. Seek medical attention right away if your illness is worsening. For example, if you start to have trouble breathing.
10. Before seeking care call your medical provider and inform them that you have been diagnosed with COVID-19. Put on a facemask before leaving your residence to travel to a healthcare facility. If you do not have a face covering, send someone into the facility to ask for one and to inform the staff of your arrival.
11. If you need to call 911, notify the dispatch personnel that you have been diagnosed with COVID-19.
12. If you frequent, volunteer, or work in a skilled nursing facility, a nursing home, a memory care center, a correctional/detention facility, a shelter, a group home, a day program, a dialysis center, a healthcare facility, or as a first responder, inform each such facility that you have been required to isolate.

#### **When does isolation end?**

1. Individuals without symptoms must isolate for 10 days from the date a positive test was collected.
2. Individuals with symptoms must isolate until:
  - At least 24 hours have passed since recovery, defined as resolution of both fever without the use of fever-reducing medications and improvement of cough and shortness of breath if present AND
  - At least 10 days have passed since their symptoms started, whichever is later.