

Instructions for Self-Isolation & Health Monitoring

You have tested positive for COVID-19 (also known as novel coronavirus). You will need to stay in your home until you are well, this is called home isolation. Deciding when you are well and can leave your home will depend on your symptoms. If you have mild symptoms, **stay at home for at least 10 days after your symptoms began.**

- If you still have cough and fever at 10 days, continue to stay at home until 3 days (72 hours) after:
 - fever has gone away (without using a fever-reducing medication like Tylenol or ibuprofen) **AND**
 - your symptoms like cough, body aches, sore throat, have improved.

After this time, you will no longer need to be isolated. Below are the preventive steps to follow until you can return to your normal activities.

If you were tested, but **did not** have any symptoms at the time of testing:

- You should remain in isolation for 10 days from the **date the test was performed.**
 - During this time, you should also monitor yourself for symptoms. If any symptoms develop during this time, you should remain in isolation as noted above.

Protect the Public:

- Stay home except to see your doctor. Reschedule any non-essential healthcare appointments (non-urgent doctor's appointments, dentist appointments, etc.).
- Do not go to work or school.
- Do not use public transportation (Bus, BART, Airplane, Taxi, UBER, LYFT)
- Do not travel.
- Do not go to the movies, to church, to a shopping mall or any place where lots of people may gather
- You can go outside in your own yard (not a shared yard).

Protect your family:

- Cover your coughs and sneezes, use tissues and throw them away immediately.
- You and your family should wash hands frequently using soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Separate yourself from other people in your home as much as possible.





- Stay in a specific room away from other people and use a separate bathroom if possible
- Avoid sharing personal household items such as drinking glasses, dishes, eating utensils, towels and bedding. These items are safe for others to use after regular washing.
- Increase your cleaning routine, specifically in areas that need to be shared such as a bathroom or kitchen.
 - Clean doorknobs, phones, keyboards, tablets, bedside tables, toilets, bathroom and kitchen fixtures

Protect Vulnerable Members in your community:

- If you have a close contact or someone in your household who spends a lot of time or works 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, or a healthcare facility/as a first responder, please let us know or have them contact us by calling Contra Costa Public Health at 925-313-6740 or emailing us at CoCohelp@cchealth.org.
- Have your close contacts or household contacts monitor their symptoms and remain at home until 14 days after you no longer need to be isolated.
- If someone in your family becomes sick, have them contact their healthcare provider and tell him/her that your family member has been in contact with someone with COVID-19.

Monitor your health:

- **Seek prompt medical attention if your illness is worsening. For example, if you start to have trouble breathing.**
- If you need to call 911, notify the dispatch personnel that you have been diagnosed with COVID-19.
- Before seeking care call your medical provider and inform them that you have been diagnosed with COVID-19. Put on a facemask before entering any healthcare facility. If you do not have one, send someone into the facility to ask for one and to inform the staff of your arrival.

For questions or concerns you can contact Contra Costa Public Health during normal business hours Monday-Friday 8:00AM-5:00PM at **925-313-6740** or email us at **CoCohelp@cchealth.org**.

