

Home Isolation Instructions for Coronavirus Disease 2019 (COVID-19)

The following instructions are for people who are confirmed to have COVID-19 or clinically suspected to have COVID-19.

Information for people with COVID-19 who are not hospitalized

Home Care

People who are sick with COVID-19 or who have tested positive for COVID-19 but who do not have symptoms (are asymptomatic) should stay home and separate themselves from others until they complete their isolation period and it is safe to be around others. If it is not possible to adequately separate yourself from others in your home, please talk to your healthcare provider about alternate living arrangements. If you qualify, your healthcare provider may refer you to the [County of San Diego Temporary Lodging Program](#)

There is no approved antiviral treatment available for COVID-19 infection although experimental studies are underway. People who are infected can take the following steps to help relieve their symptoms:

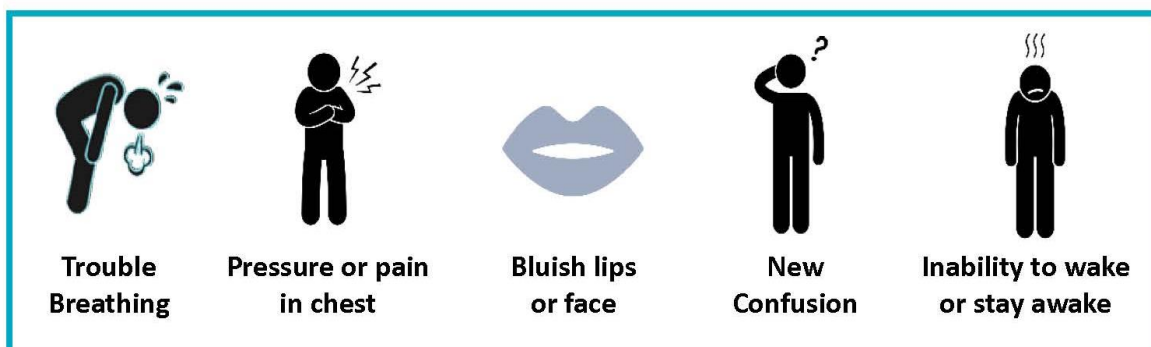
- Rest and allow your body to recover
- Stay hydrated—Drink plenty of fluids, especially water and fluids with electrolytes.
- Take over-the-counter medications such as acetaminophen (i.e., Tylenol®) as needed to reduce fever and pain—Children under the age of 2 should not be given any over-the-counter cold medication without first speaking with a healthcare provider.

*Medications do not “cure” the virus or prevent the virus from spreading to others but are recommended to increase comfort and relieve certain symptoms associated with the illness.

Seeking Medical Care

Monitor your health and seek prompt medical care if your symptoms get worse, especially if you are at an increased risk for serious illness. This includes [older adults](#) (risk for severe illness increases with age) and [people with underlying medical conditions](#) (such as cancer, chronic kidney disease, chronic obstructive pulmonary disease/COPD, immunocompromised, obesity, heart conditions, sickle cell disease, type 2 diabetes).

**Call 911 if you are experiencing any symptoms
that require emergency assistance, such as:**



Tell the 911 operator that you have COVID-19. If possible, put on a face mask before emergency medical services arrive.

If it is not urgent, call your healthcare provider for medical advice, they may be able to assist you by phone. If you do need to visit a healthcare facility, make sure you put on a face mask before you enter to protect others from catching the infection from you.

COVID-19 may be stressful for people, see our [How to Manage Your Mental Health and Cope During COVID-19](#) page for resources for families, parents, and caregivers to learn how to care for your mental health and support your loved ones during this outbreak. You may also find it settling to know that Public Health Services will not notify or release any personal information about you to your workplace or school unless it is necessary to do so to protect your health or the health of others.

Protecting Others

Follow the steps below to help prevent the spread of COVID-19 to other people in your home and your community.

1. Stay home except, if needed, to get medical care.

- Do not go to work, school, or public areas.
- Stay home and away from others until you have met all conditions needed to safely end your isolation period. (See box below for more information on ending isolation.)
- If you must leave home while you are sick, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, drive with the windows down and wear a mask or face covering.
- Arrange for food and other necessities to be delivered to your home and left at your door if you do not have someone who can help you with these essential needs.
[Call 2-1-1 to learn about services available.](#) If you need to meet someone at the door, wear a face covering.

Ending Home Isolation

Individuals with COVID-19 who are caring for themselves at home may discontinue isolation once **ALL** of the following conditions have been met.

Individuals with symptoms:

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

**People with [severe to critical illness](#) or who are [severely immunocompromised](#) should consult with their healthcare provider and may be advised to extend their isolation period up to 20 days.*

Individuals who tested positive but do not have symptoms (are asymptomatic):

At least 10 days* after the date that the test was taken. (If you develop any symptoms during these 10 days, you will need to follow the isolation instructions above for individuals with symptoms.)

**Asymptomatic people who are [severely immunocompromised](#) should consult with their healthcare provider and may be advised to extent their isolation period up to 20 days.*

2. Separate yourself from other people in your home.

- Select a specific room in your home that will be used for you to separate yourself from others while you recover—Stay in this room away from other people in your home as much as possible. It is especially important to stay away from individuals who are at [higher risk of serious illness](#) if infected.
- Use a separate bathroom, if possible. If this is not possible, clean and disinfect the bathroom after each use as indicated below.
Practice social distancing when around others in your home—Try and stay at least 6 feet away from others.
- Open windows or use a fan or air conditioner in shared spaces of the home to ensure good airflow.
- Do not allow visitors in your home.
- Do not handle pets or other animals while you are sick.
- Do not prepare or serve food to others.
- Do not care for children or others in your home if possible.
- If it is not possible to adequately separate yourself from others in your home, or if you live with individuals who are at higher risk of serious illness if infected with COVID-19 (such as older adults, those with a chronic disease or a compromised immune system), please talk to your healthcare provider about alternate living arrangements. They may refer you to temporary lodging while you recover.

3. Wear a face mask if you will be around others.

You should wear a face mask when you are around other people or pets, such as when sharing a room or vehicle and before entering a hospital or healthcare provider's office. If you are not able to wear a face 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 face mask. After leaving your room, they should

immediately wash their hands, then remove and dispose of their face mask or place it directly in the laundry if using a reusable face mask and wash their hands again.

4. Cover coughs and sneezes.

To prevent spreading the infection to others, when coughing or sneezing cover your mouth and nose with 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 other items with other people in the home. These items should be washed thoroughly after use with soap and warm water.

6. Keep your hands clean.

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. Use hand sanitizer with at least 60% alcohol if soap and water are not available and if hands are not visibly dirty. Avoid touching eyes, nose, and mouth with unwashed hands.

7. 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, body fluids and/or secretions or excretions on them. Disinfect using [EPA approved products proven for use against the COVID-19 virus](#) (e.g., Clorox Disinfecting Wipes, Lysol Clean & Fresh Multi-Surface Cleaner, Purell Professional Surface Disinfectant Wipes).

Cleaning Instructions

- Follow the recommendations provided on cleaning product labels including precautions you should take when applying the product, such as wearing gloves or aprons and making sure you have good ventilation during use of the product.
- Use a diluted bleach solution or a household disinfectant with a label that says “EPA-approved.” To find out if the product works against viruses, read the product label, call the 1-800 number on the label or visit www.epa.gov.

To make a bleach solution at home:

Small Supply	Large Supply
4 teaspoons bleach	1/3 cup of bleach
1-quart (4 cups) water	1-gallon (16 cups) water

Add 4 teaspoons of bleach to 1 quart (4 cups) of water. For a larger supply, add 1/3 cup of bleach to 1 gallon (16 cups) of water. [See our Coronavirus COVID-19 Disinfection Guidance for more information.](#)

- 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. Wash your hands immediately after removing your gloves—Reusable rubber cleaning gloves can be used as an alternative if disposable gloves are not available and should be removed after use and placed directly in the wash without touching anything else and hands should be washed immediately after gloves are removed. If gloves are not available or were not used, wash your hands immediately and thoroughly after touching anything that may have come in contact with body fluids.
- Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.
- Place all used **disposable** gloves, gowns, face masks, and other contaminated in a lined container before placing them with other household waste. Wash your hands immediately after handling these items. If **reusable** gloves, gowns, face masks or face coverings are used, place these items directly in the wash after use, and wash your hands thoroughly.

8. Returning to work or school

When you have completed your home isolation period (According to the box above on ending home isolation), you are no longer considered infectious and can resume your usual activities, including returning to work or school. You do NOT need to show any proof, such as a negative test result or a letter from Public Health Services, to be able to return to work or school. You should continue to follow all safety guidance when around others outside of your household.

9. Blood Donation and COVID-19

People who were infected with COVID-19 and recover develop antibodies to the infection. These antibodies can be given to someone who is currently infected to enhance their immune system and help fight the virus, reducing the duration and severity of the illness. Please consider donating convalescent plasma after you have recovered. [Watch this video](#) or visit the [San Diego Blood Bank website](#) to learn more.

Information for Your Close Contacts

What is a close contact?

A “close contact” is anyone who was exposed to a person infected with COVID-19 while they were infectious. You are considered to be infectious starting 48 hours/2 days before your symptoms began (for individuals who do not have symptoms, this is 48 hours/2 days before your test was taken) until your isolation period ends.

Your close contacts include:

- 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.
- Anyone who had contact with your body fluids and/or secretions (such as people who were coughed on or sneezed on, shared utensils or saliva, or provided care to you without wearing protective equipment).

Quarantine

Anyone with COVID-19 should tell all their close contacts that they need to be in quarantine for 14 days starting with the last day they had contact with you. **If your close contacts are considered essential critical infrastructure workers**, they may be allowed to continue working after a potential exposure to COVID-19 if they don't have symptoms and take additional precautions to protect themselves and the community. Essential critical workers should contact their employer and visit the [CDC Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19](#) web page for guidance. **Close contacts who are non-essential workers** should follow the 14-day quarantine guidance.

Your close contacts should self-quarantine even if they feel well because it can take 2-14 days for them to show symptoms. See our [Home Quarantine Guidance for COVID-19 Close Contacts](#) for more information.

Precautions for close contacts

It is recommended that everyone stay 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 14 days from the last time they had close contact with you.

Your caregivers and household contacts should wear a disposable face mask 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, wash their hands, then remove and dispose of their face mask and wash their hands again. (If a reusable face mask and/or gloves are used, place these items directly in the wash after use and follow the same steps for removal.)

Close contacts should monitor their health and call their healthcare provider if they develop any symptoms and let them know about being a close contact to a patient confirmed to have COVID-19.

Visit our website www.coronavirus-sd.com for more information, resources, and guidance. Please call your healthcare provider for any questions related to your health.

If you do not have a healthcare provider, are uninsured, or need help finding community resources, call 2-1-1 for assistance.