The following instructions are for people who have tested positive for COVID-19. Quarantine information for their close contacts, families, or caregivers is included.

If you are a health care worker or first responder, please refer to guidance from your employer. If you test positive at a community testing site, urgent care or hospital, inform your medical provider of your positive result.

All persons who test positive for COVID-19 must isolate themselves and inform their close contacts.

Home Care
There is no specific treatment for the virus that causes COVID-19. Here are steps that you can take to help you get better:

- Rest
- Drink plenty of fluids
- Take acetaminophen (Tylenol®) to reduce fever and pain.
- Note that children younger than age 2 should not be given any over-the-counter cold medications without first speaking with a doctor.
- Note that these medicines do not “cure” the illness and do not stop you from spreading germs.

Seeking Medical Care
Make a note of when your symptoms started and continue to monitor your health. Stay in touch with your doctor and seek prompt medical care if your symptoms get worse. People who are age 65 years and older or who have a health problem such as a chronic disease or a weak immune system may be at a higher risk of serious illness.

Call 911 if there are emergency warning signs

People with emergency warning signs, *including a Pulse Ox reading of less than 94%, should call 9-1-1. Tell the dispatch personnel that you have COVID-19. If it’s not urgent, call ahead before visiting your doctor, you may be able to get advice by phone.

If you have questions about COVID-19, self-isolation, self-quarantine, or COVID-19 in our community, please call 211.

COVID-19 may be stressful for people, for support call the Community Wellness Team at (805) 364-2750.
PROTECTING OTHERS

If you have a positive test, or you are ill and think you may have COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and your community.

<table>
<thead>
<tr>
<th>Persons Who Test Positive for COVID-19 (Isolation)</th>
<th>Recommended Action</th>
</tr>
</thead>
</table>
| Everyone, regardless of vaccination status, previous infection or lack of symptoms. | • **Stay home** (PDF) for at least 5 days.  
• Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on day 5 or later tests negative.  
• If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.  
• If fever is present, isolation should be continued until fever resolves.  
• If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.  
• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information) |

*Antigen test preferred.

Separate yourself from other people in your home

- Stay in a specific room and away from other people in your home as much as possible. It is particularly important to stay away from people who are at higher risk of serious illness.
- Use a separate bathroom. If this is not possible, clean the bathroom after use (see below).
- Stay at least 6 feet from others or wear a face covering when you are not able to maintain physical distancing.
- Open windows and use a fan, or an air conditioner, in shared spaces in the home, if possible, to ensure good airflow.
- Do not allow visitors and limit the number of people in your home.
- Do not handle pets or other animals.
- Do not prepare or serve food to others. Do not eat with other household members.
- Stay home except to get medical care. Do not go to work, school, or public areas.
- If you must leave home, 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, leave the windows down, and wear a mask or cloth face covering.
- Arrange for food and other necessities to be left at your door.
- If you need help finding free delivery services, social services, essential items like food and medicines, or a separate place to isolate, call 2-1-1 for assistance.
Home Isolation and Quarantine Instructions for People with COVID-19 Infection

Wear a face mask when you are around others
☐ Wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a hospital or doctor's office. If you do not have a mask, wear a cloth face cover.
☐ A mask should not be placed on anyone who has trouble breathing or is unable to remove it without assistance. Persons who cannot wear a mask for medical reasons may wear a face shield. Inexpensive face shields may be purchased online.
☐ If you are not able to wear a face mask or face cover, 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 clean their hands, then remove and dispose of their face mask, and clean their hands again.
☐ Use masks and face covers with caution with children. Infants and children under 2 should not wear cloth face coverings. Those between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation.

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 wash your hands.

Avoid sharing personal household items
Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. Wash them thoroughly with soap and water after use.

Clean your hands often
Wash your hands often and thoroughly, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use soap and water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if your hands are visibly dirty.

Clean and disinfect all “high-touch” surfaces every day
High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions. See cleaning instructions on the CDC website.

Inform your “close contacts” that they are at risk for COVID-19 and must quarantine at home
See instructions for close contacts on the next page.

Returning to work or school
When your home isolation ends (see box above) you are no longer infectious, and you can resume your usual activities, including returning to work and/or school. You do not need to have a negative test or a letter from Public Health to return to work or school.

INFORMATION FOR YOUR CLOSE CONTACTS
If you have symptoms of COVID-19, or you have a positive test, you must inform your close contacts that
**Home Isolation and Quarantine Instructions for People with COVID-19 Infection**

**Persons Who are Exposed to Someone with COVID-19 (Quarantine)**

<table>
<thead>
<tr>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Stay home (PDF) for at least 5 days, after your last contact with a person who has COVID-19.</td>
</tr>
<tr>
<td>• Test on day 5.</td>
</tr>
<tr>
<td>• Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.</td>
</tr>
<tr>
<td>• If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.</td>
</tr>
<tr>
<td>• Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information).</td>
</tr>
<tr>
<td>• Strongly encouraged to get vaccinated or boosted.</td>
</tr>
<tr>
<td>• If testing positive, follow isolation recommendations above.</td>
</tr>
<tr>
<td>• If symptoms develop, test and stay home.</td>
</tr>
</tbody>
</table>

**Persons Who are Exposed to Someone with COVID-19 (No Quarantine)**

<table>
<thead>
<tr>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Test on day 5.</td>
</tr>
<tr>
<td>• Wear a well-fitting mask around others for 10 days, especially in indoor settings (see Section below on masking for additional information).</td>
</tr>
<tr>
<td>• If testing positive, follow isolation recommendations above.</td>
</tr>
<tr>
<td>• If symptoms develop, test and stay home.</td>
</tr>
</tbody>
</table>

**Quarantine**

You must tell all of your close contacts that they need to be in quarantine (see boxes above).

**Precautions for close contacts while you are isolated**

- Everyone must stay at least 6 feet away from you while you are under home isolation.
- Your caregivers and household contacts should wear a disposable facemask and gloves if they clean your room or bathroom or come into contact with your body fluids or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea).
- Remove and dispose of gloves first, then clean their hands, then remove and dispose of their facemask, and clean their hands again.

**MORE INFORMATION**
Home Isolation and Quarantine Instructions for People with COVID-19 Infection

For more information, visit the COVID-19 Information Portal (https://publichealthsbc.org).
If you have questions about COVID-19, self-isolation, or self-quarantine please call 2-1-1.

Please call your health care provider for any questions related to your health. If you need help finding a health care provider, call 2-1-1.