



SAN MATEO COUNTY HEALTH

PUBLIC HEALTH, POLICY & PLANNING

Dr. Scott Morrow, Health Officer
Cassius Lockett, PhD, Director

Public Health, Policy & Planning
225 37th Avenue
San Mateo, CA 94403
smchealth.org

APPENDIX B: HOME ISOLATION INSTRUCTIONS FOR PERSONS WITH COVID-19

During your Isolation Period, please follow the instructions below:

1. Do not leave your home or another residence except to receive necessary medical care or during an emergency that requires evacuation to protect the health and safety of the individual.
2. 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.
3. Do not leave your place of isolation to work.
4. Do not travel, with the exception of travel to access necessary medical care.
5. Utilize delivery services, such as Amazon or Instacart.
6. Do not share dishes, eating utensils, towels, bedding, drinking glasses without first washing the items with soap and water.
7. Cooperate with directives from San Mateo County Public Health (“Public Health”), including but not limited to directives to collect and report temperature readings and other health data to Public Health or its designee(s), during the entire period of your isolation.
8. Seek medical attention right away if your illness is worsening, for example, if you start to have trouble breathing.
9. If you need to call 911, notify dispatch personnel that you have been diagnosed with COVID-19.
10. Whenever possible, before seeking care, call your medical provider and inform them that you have been diagnosed with COVID-19. Put on a face covering/mask before leaving your residence to travel to a healthcare facility.
11. 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, or a healthcare facility, or as a first responder, take reasonable steps to inform each such facility that you have been required to isolate.

When does isolation end?

An individual with COVID-19 should remain in isolation for at least ten (10) days after they first begin to develop symptoms and at least one (1) day (24 hours) after recovery. Recovery is defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms associated with COVID-19. If an individual with COVID-19 never develops any symptoms, then the individual should remain in isolation for ten (10) days from the date the positive test was performed.

However, if the individual meets any of the following criteria, then that individual should remain in isolation for fourteen (14) days after they first begin to develop symptoms and at least seven (7) days after recovery, as defined above. If an individual with COVID-19 never develops any symptoms and meets any of the following criteria, then the individual should remain in isolation for fourteen (14) days from the date the positive test was performed.





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- a. An individual who is immunocompromised (see list of immunocompromised individuals available at: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/immunocompromised.html>);
- b. An individual who could pose a risk of transmitting infection to vulnerable individuals (see list of vulnerable populations available at: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>);
- c. An individual normally residing in congregate settings (e.g. retirement communities, shelters, correctional/detention facilities) where there might be increased risk of rapid spread and morbidity or mortality