



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 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, even if your work is permitted under the Shelter in Place Order No. c19-5c issued on April 29, 2020, or as further amended.
4. Do not travel, even if otherwise permissible under the Shelter in Place Health Officer Order No. c19-5c issued on April 29, 2020, or as further amended, 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 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. If you have one, put on a face covering/mask before leaving your residence to travel to a 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.
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?

1. Individuals without symptoms must isolate for ten (10) days from the date of a positive test.
2. Individuals with symptoms must isolate until:
 - At least 3 days (72 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 ten (10) days have passed since their symptoms started, whichever is later.

