

Home Isolation Instructions for People with Coronavirus-2019 (COVID-19) Infection and People Awaiting COVID-19 Test Results

The following instructions are for people who are infected with COVID-19 or who are waiting to find out the result of their test. It also includes information for their families or caregivers.

Instructions for People Who Have or Who May Have COVID-19

- 1. Stay home.** Do not leave your home except to get medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis. If someone delivers food or other necessities, ask them to leave them at your door if possible. If you need to meet someone at your door, wear a mask.
- 2. Separate yourself from other people in your home.** As much as possible, stay in a different room from other people in your home. Use a separate bathroom, if possible. If you must be in the same room as other people, wear a facemask to prevent spreading germs to others.
- 3. Before you visit your doctor, let them know.** Call ahead before visiting your doctor so they can prepare for your visit and know that you have or may have COVID-19.
- 4. Cover coughs and sneezes.** To prevent spreading germs 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 hands with soap and water.
- 5. Keep hands clean.** Wash 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. Use hand sanitizer with at least 60% alcohol if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unclean hands.
- 6. 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.
- 7. Monitor illness.** If your illness gets worse, seek medical care. Call ahead and tell them that you have or may have COVID-19. If you have life-threatening symptoms (for example, trouble breathing, pain in chest), call 911 and tell them you have or may have COVID-19.

Follow these recommendations:

- **People with known COVID-19 infection:** until 14 days after symptom onset or 3 days after fever resolution and significant symptom improvement, whichever is longer.
- **People waiting to learn if they are infected:** until you receive a negative COVID-19 test result

If you need assistance finding a medical provider or mental health services, please call **2-1-1**.

Information for Caregivers, Intimate Partners, and Household Members of People Who Have or May Have COVID-19

People who live with, are intimate partners, or provide home care for the patient at home should:

- 1. Be informed.** Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care.
- 2. Limit visitors to only people caring for the patient.**
 - As much as possible, anyone who is not caring for the patient should stay in another home or stay in other rooms. They should also use a separate bathroom, if possible.
 - Keep elderly people and those who have weak immune systems or chronic health conditions away from the person. This includes people with diabetes, chronic heart, lung, or kidney conditions.
- 3. Make sure that shared spaces in the home have good air flow.** Open windows or use an air conditioner if possible.
- 4. Wash hands.** People in the home should wash their hands often and thoroughly with soap and water for at least 20 seconds, especially before eating or after using the bathroom. Use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unclean hands.
- 5. Wear disposable facemask and gloves** when you touch or have contact with the patient's blood, body fluids, and/or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea). When removing, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer. Do not reuse.
- 6. Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with the patient. Follow the cleaning instructions below.
- 7. Clean all "high-touch" surfaces,** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day using household disinfectants. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.

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, add 1 tablespoon of bleach to 1 quart (4 cups) of water. For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water.
 - 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.
 - 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, facemasks, and other contaminated items in a lined container before disposing them with other household waste. Wash your hands immediately after handling these items.
- 8. Monitor the patient’s illness.** If they are getting sicker, call their medical provider and tell the medical staff that the person has, or is being evaluated for, COVID-19. This will help the healthcare provider’s office take steps to keep other people from getting infected.

It is important to note that caregivers, household members, and intimate partners who do not follow these instructions when in close contact with the patient may be considered to be “close contacts” and should monitor their health. Below is information for close contacts.

Information for Close Contacts of People Who Have or May Have COVID-19

If you have had close contact with someone who is confirmed to have, or being evaluated for COVID-19, you should:

Monitor your health. Start from the day you first had close contact with the patient and continue for 14 days after you last had close contact with the person. Watch for these signs and symptoms:

- Fever. Take your temperature twice a day.
- Coughing.
- Shortness of breath or trouble breathing.
- Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.



If you develop fever or any of these symptoms, call your healthcare provider right away and let them know about being a close contact to a patient with confirmed or suspected COVID-19. Stay home from school, work and other public spaces until your symptoms improve. Refer to home care instructions for further information.

For more information visit <http://publichealth.lacounty.gov/media/Coronavirus/>

If you need assistance finding a medical provider or mental health services, please call **2-1-1**. COVID-19 may be stressful for people, visit publichealth.lacounty.gov/media/Coronavirus/ to learn how care for your mental health and support your loved ones.