



Instructions for Self-Isolation & Health Monitoring

You have tested positive for COVID-19 (also known as novel coronavirus). You will need to stay in your home until you are well, even if you are fully vaccinated. This is called self-isolation. Deciding when you are well and able to leave your home depends on your symptoms.

If you have mild symptoms, stay at home for at least 10 days after your symptoms began.

- If you still have cough and fever after 10 days, continue to stay at home until 24 hours after:
 - the fever has gone away (without using a fever-reducing medication like Tylenol or ibuprofen) **AND**
 - your symptoms such as cough, body aches, sore throat, have improved.

After this time, you will no longer need to be isolated.

You may have to isolate up to 20 days if you had more serious symptoms and you needed to stay in the hospital or needed oxygen but did not stay in the intensive care unit (in this situation, your healthcare provider will let you know).

If you tested positive, but **did not have any symptoms at the time of testing:**

- You should remain in isolation for 10 days from the **date the test was performed**.
 - During this time, you should also monitor yourself for symptoms. If any symptoms develop during this time, you should remain in isolation as noted above.

If you **stayed in the hospital in the intensive care unit because of your COVID-19 symptoms **OR** you tested positive for COVID-19 with or without symptoms **AND** you have a **condition that severely decreases your immune system** (for example: on chemotherapy for cancer, had an organ transplant or stem cell transplant within the last year, have HIV with a CD4 count < 200, have combined primary immunodeficiency disorder, or have been on high dose steroids for more than 14 days in the past month):**

- You will need to be in isolation for at least 20 days after your symptoms began with improving symptoms for at least 24 hours. If you left the hospital and it has not been at least 20 days, you will need to remain at home (in self-isolation) for 20 days after your symptoms began.





- If you still have cough and fever after 20 days, continue to stay home until 24 hours after:
 - o the fever has gone away (without using a fever-reducing medication like Tylenol or ibuprofen) **AND**
 - o your symptoms, such as cough, body aches, sore throat, have improved.

After this time, you will no longer need to be isolated.

The following are some preventative steps you can take to help reduce the spread of COVID19 in your community and household.

Protect the Public:

- Stay home except to see your doctor. Reschedule any non-essential healthcare appointments (non-urgent doctor appointments, dentist appointments, etc.).
- Do not go to work or school.
- Do not use public transportation (bus, BART, airplane, taxi, UBER, LYFT).
- Do not travel.
- Do not go to the movies, to church, to a shopping mall or any place where lots of people may gather.
- You can go outside in your own yard (not a shared yard).

Protect your Family:

- Cover your coughs and sneezes, use tissues and throw them away immediately.
- You and your family should wash hands frequently using soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with greater than 60% ethanol or 70% isopropanol as active ingredients.
- Separate yourself from other people in your home as much as possible.
- Stay in a specific room away from other people and use a separate bathroom if possible
- Avoid sharing personal household items such as drinking glasses, dishes, eating utensils, towels and bedding. These items are safe for others to use after regular washing.
- Increase your cleaning routine, specifically in areas that need to be shared such as a bathroom or kitchen. Clean doorknobs, phones, keyboards, tablets, bedside tables, toilets, bathroom and kitchen fixtures.

Protect Vulnerable Members in Your Community:

- If you have a close contact or someone in your household who spends a lot of time or works 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/as a first responder, please let us know or have them contact us by calling Contra Costa Public Health at 925-313-6740 or emailing us at CoCohelp@cchealth.org.





- Have your close contacts or household contacts monitor their symptoms and remain at home until 10 days after your isolation period ends. Your close contacts or household members will need to continue to closely monitor their symptoms, practice social distancing, and wear a mask when seeing others for 14 days after your isolation period ends. In addition, they may be asked to remain off of work for the full 14 days after your isolation period ends.
- If someone in your family becomes sick, have them contact their healthcare provider and tell him/her that your family member has been in contact with someone with COVID-19.

Monitor Your Health:

- **Seek prompt medical attention if your illness is worsening. For example, if you start to have trouble breathing.**
- If you need to call 911, notify the dispatch personnel that you have been diagnosed with COVID-19.
- Before seeking care call your medical provider and inform them that you have been diagnosed with COVID-19. Put on a facemask before entering any 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.

For questions or concerns you can contact Contra Costa Public Health during normal business hours Monday-Friday 8:00AM-5:00PM at **925-313-6740** or email us at **CoCohelp@cchealth.org**.

You can also find more information online at [cchealth.org/coronavirus](https://www.cchealth.org/coronavirus).

