Self-Isolation & Health Monitoring Instructions

Your healthcare provider has discussed your case with the Contra Costa County Public Health Department and has decided you do not need to be hospitalized and can be isolated at home. You will need to stay in your home until you are well, this is called home isolation. Stay at home for a minimum of 7 days after your symptoms began. Some people will continue to have symptoms after 7 days and need to remain home longer. Once you feel better and you are back to your normal with no symptoms of fever, shortness of breath, or body aches, you will need to remain home for 3 more days (72 hours). After this time you will no longer need to be isolated. Below are the preventive steps to follow until you can return to your normal activities.

Protect the Public:

- Stay home except to see your doctor. Reschedule any non-essential healthcare appointments (non-urgent doctor’s 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 that contains at least 60% alcohol.
- 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 skilled nursing facility, nursing home, a memory care center, a correctional facility, a dialysis center, or a healthcare facility, please let us know at Contra Costa Public Health known at 925-313-6740.
- Have your close contacts or household contacts monitor their symptoms. Encourage them to avoid large groups.
- If someone in your family becomes sick have them stay home while they are sick, similar to your isolation timeframe.

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 or are being evaluated for COVID-19.

- Before seeking care call your medical provider, inform them you are being evaluated for COVID-19. Put on a facemask before entering the 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 **925-646-1566** at night or on the weekend). Then call your doctor and let her know you have informed Public Health. Public Health can work with you and your doctor so you can get the care you need.