



Instructions for Healthcare and Essential Workers who are Close Contacts or Household Members to a COVID-19 Case

Quarantine is a way to prevent the spread of the virus to more people after you have had close contact with someone with known COVID-19, even though you may not feel sick. During your quarantine you will need to stay home and monitor yourself for any signs of illness, but as a healthcare worker or an essential worker you may continue to work if your employer needs staff to continue operations. You will need to inform your employer about your close contact to a lab-confirmed COVID-19 case. Your employer will decide, based on staffing needs, if you need to report to work.

During your quarantine period, please follow the instructions below:

1. Stay in your home outside of working in your essential role, if needed.
2. Do not go to work, unless instructed by your employer. Do not go to school or on-site classes or activities.
3. If needed at work, while at work:
 - a. Wear a mask and continue other preventive measures such as maintaining social distance with other co-workers (maintain six feet of distance between yourself and others as much as possible).
 - b. Closely monitor your symptoms and take your temperature before the start of every shift, or more frequently. Your employer may actively monitor your temperature and symptoms.
 - c. If you work with high-risk patients (such as patients who are immune compromised, on chemotherapy, receive dialysis, live in a long-term care facility, etc.) **your employer should consider reassigning you to a different patient care area or to perform non-patient care or administrative duties, if possible, during the quarantine period.**
4. Do not go to the grocery store or run other essential errands (e.g. going to the pharmacy) unless it is absolutely necessary. Please plan to use family members or friends for your essential errands.
5. Do not have visitors for the duration of the quarantine period.
6. Wash your hands frequently with soap and water, especially after coughing, sneezing, blowing your nose, going to the bathroom, or having direct contact with moist materials such as tissue, pampers, and used masks. Hand sanitizer with greater than 60% ethanol or 70% isopropanol as active ingredients can also be used instead of soap and water if the hands are not visibly dirty.
7. Cover your mouth and nose with tissue when you sneeze or cough. Put tissues in the garbage and wash your hands immediately with soap and water or use hand sanitizer.
8. Do not share toothbrushes, drinks or eating utensils.



Monitor your health:

- Monitor yourself for symptoms and if needed to work you or your employer should consider monitoring your temperature and symptoms several times during your shift
 - If you develop any signs of potential illness, you should stay home and self-isolate. Fever, cough, or shortness of breath are the most common symptoms of COVID-19, but unusual fatigue, body aches, nausea, new loss of taste or smell, headache, sore throat, runny nose and nasal congestion, vomiting or diarrhea are all symptoms that should prompt you to stay home
 - If you develop a fever or any symptoms while at work, inform your employer and immediately go home to self-isolate. Fever, cough, or shortness of breath are the most common symptoms of COVID-19, but unusual fatigue, body aches, headache, new loss of taste or smell, congestion or runny nose, nausea, sore throat, vomiting or diarrhea are all symptoms that should prompt you to go home.
- If you start to feel sick, please contact your healthcare provider and let them know you have had contact with someone who has tested positive for COVID-19.
- If you develop symptoms and are unable to get testing right away through your employer or healthcare provider, you may call Contra Costa Public Health at (844) 421-0804 8:00 am-3:30pm daily to schedule an appointment for testing or you can schedule online at <https://www.coronavirus.cchealth.org/get-tested>.
- If you are diagnosed with COVID-19, you will have to isolate at home until you have cleared the infection. Please visit <https://www.coronavirus.cchealth.org/for-covid-19-patients> and review self-isolation instructions for confirmed COVID-19 cases.

When does quarantine end?

Even if you get a negative test result during your quarantine period, you still will need to complete the full quarantine period as follows:

- If you do not live with someone who has COVID-19, your quarantine will end after 14 days from last exposure to the known COVID-19 positive individual.
- If you live with someone who has COVID-19, you will need to be quarantined for 14 days after your household member no longer needs to be isolated.

If you have any or have any concerns or questions, please call 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.

09/21/2020

