

I have been tested... Here is what I expect now:



After I get tested

- **I will quarantine**
 - **IF I have symptoms**
 - **IF I am a close contact**
 - **IF I have been instructed to quarantine**
 - **IF I have travelled outside of California**
- **Even if not required, I should stay home as much as possible.** Anytime I am outside my home, I will wear a mask that covers my nose and mouth and be sure to stay 6 feet from anyone I don't live with.
- I will make plans to **isolate** if my test is positive.
- I will make a list of people I have had close contact with any time during the 2 days prior to my test. They do not need to quarantine yet, **but they should be alert for symptoms, and possibly get tested.** If my test is positive, these people must quarantine for 10 days from the last date we had close contact and should be tested on or after 5 days from the last date we had close contact.
- I will expect my test results by email, text, or phone. I understand this may take several days.
- I will monitor my health and take care of my mild symptoms with supportive care like staying hydrated and over the counter (OTC) medicine. If I am pregnant, have medical risk factors, or my symptoms get worse, I'll call my healthcare provider. **If I feel terribly ill, I will 911 or go to the emergency room.**
- I will tell my health care provider that I got tested.
- **I will take all the steps I can to prevent getting the virus and spreading the virus... masking, distancing, and avoiding gatherings!**



If my test is negative

- **If I am on quarantine**, and do not have any symptoms, I must complete the full 10 day quarantine, unless Public Health releases me sooner. This is because I may still have some COVID-19 virus that is not quite enough to show up yet on the test. I must continue to wear a mask and social distance at ALL times outside my home for 14 days after my last contact.
- **If I am not on quarantine**, I did not have COVID-19 the day I took the test.
- **If I develop symptoms of COVID-19**, I will call my doctor or other health care provider about getting checked with additional test(s).



If my test is positive

- **I will isolate because I have COVID-19.**
- I will seek medical attention if I feel worse, if I am pregnant, or if I have medical conditions.
- I will take all possible steps to avoid spreading the virus to family and friends. **I must stay home, wear a mask, and distance.**
- A Public Health worker may be in touch soon. I know that public health may not be able to contact me because they must prioritize the highest risk situations.
- **I may get a text message or email from CalCONNECT's Virtual Assistant ("VA")** with a web link to help Public Health begin contact tracing. I may click the link and answer the questions... this means a shorter, faster, and better response! *I will not get in trouble for providing information to keep myself, friends, family, and community healthy and safe!*
- I will review my list of EVERYONE I had "close contact" with (within 6 feet for 15 cumulative minutes or more over any 24 hour period) for 2 days before my test until now: family, friends, and coworkers. If possible, I will let them know I have COVID-19. I will notify my work or school so that they can take safety measures. All of my close contacts must quarantine for 10 days from the last time they had contact with me unless released by Public Health. If they feel sick, they should call their healthcare provider for advice.
- I will keep track of how I feel and treat mild symptoms with supportive care, like staying hydrated and over the counter (OTC) medications. If I am pregnant, have medical risk factors, or my symptoms get worse, I will contact my healthcare provider and let them know how I'm feeling and that I am positive for COVID-19. **If I become terribly ill, I will call 911 or go to the emergency room.**
- I will inform my Health Care Provider that I am positive for COVID-19.
- A public health worker may help determine when it is safe for me to end isolation and answer any questions.



For more information, visit: <http://health.co.lake.ca.us/Coronavirus.htm>

email*: MHOAC@lakecountyca.gov

or call*: 707-263-8174

*Monday through Friday, 8:00 a.m. to 5:00 p.m., subject to change and holiday closures.



Home Isolation and Quarantine Instructions

What if I have a positive COVID-19 test?

Isolation

Isolation keeps people who are sick or tested positive for COVID-19 away from others.

IF I AM POSITIVE FOR COVID-19, I must isolate.

To isolate, I follow these steps to prevent the spread of the virus:

I stay home except to get medical care.

I must do everything I can to keep the virus from spreading to my family and friends.

- I must not go to work, school, or public areas. No shopping, even for groceries. I am prohibited from using public transportation, taxis, or ride-share.
- I will separate myself from others in my home behind a closed door.
- If I share a house with others, they will wear masks.
- I will use a separate bathroom, if possible. If I must share a bathroom, I will disinfect it after every use. I will not share household items. Household members should leave food and water outside my door and not touch the doorknob.
- I will stay home until at least 10 days since symptoms first appeared **and** at least 24 hours after feeling better with no fever or fever-reducing medicine.
- If I get terribly ill, if I am pregnant, or if I have medical conditions, I will contact my medical provider. If I have severe symptoms like shortness of breath, I will call 911 or go to the emergency room. For safety, I will inform all medical providers that I have COVID.
- If I never have symptoms, I will stay home for at least 10 days following the date I took the COVID test.
- People in my household and other **close contacts** should follow **Quarantine Instructions**.

What if I cannot separate myself from others?

- Anyone who continues to be in **close contact** with me will need to begin a new quarantine cycle of 10 days from the last day they had **close contact** with me, or from the date I am released.
- I will let Public Health know if I cannot safely isolate at home.

Do I need to tell anyone I have Coronavirus?

- I should tell anyone that I have had **close contact** with, including family, friends, and co-workers. I will tell my school too. People that are **close contacts** should quarantine for 10 days from the last time they had **close contact** with me, and they should probably be tested.

What if I have close contact with COVID-19?

Quarantine

Quarantine means staying away from others because I am a **close contact** to someone with COVID-19, I have traveled out of state, or I have been instructed to quarantine.

I will stay home except to get medical care and follow all steps to keep the virus from spreading to my family and friends. It can take 2-14 days for me to have enough virus to trigger a positive test or start having symptoms, so I may not know that I am infected for up to 14 days.

- I will not go to work, school, or public areas. I will not go shopping, even for groceries. I will not use public transportation, taxis, or ride-share.
- My last day of quarantine is 10 days from when I last in **close contact** with the person who has COVID-19; I am released from quarantine on day 11. If I continue **close contact**, the 10-day quarantine period will restart. I will wear a mask and distance at ALL times outside my home for 14 days after I last had close contact.
- If I am unable to avoid **close contact** with someone who is positive, I must stay in quarantine until 10 days from when the person with COVID-19 is released from isolation. This is likely to be at least 20 days... but can be as long as 30 days.
- I will monitor my health. If I get symptoms, I may have COVID-19 and will follow the **Isolation Instructions**.

Close Contact

Close contact is being within 6 feet of a person with COVID-19 for more than 15 minutes over any 24-hour period starting from 2 days before symptoms appeared (or, for patients that do not have symptoms, 2 days prior to their test) until the time the patient is isolated from me. The 15 minutes do not have to be continuous... so if I am with the same person for 5 minutes 3 times in a day, I am a close contact of that person.

I do my part by...

- Taking every possible step to stay as healthy as possible and contain the virus.
- Wearing a mask that covers my nose and mouth.
- Keeping a safe distance.
- Avoiding social gatherings.
- All the efforts I take to keep family, friends, and our community safe!

I know we will get through this. I'm doing my part so that fewer people will suffer, and so that more of us will survive because I take proper precautions.



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Prevention Steps for Caregivers and Household Members

If you live with, or provide care at home for, a person confirmed to have or being evaluated for COVID-19, Coronavirus infection, you should:

- Make sure that you understand and can help the person follow their healthcare provider's instructions for medical care. You should help the person with basic needs in the home and provide support for getting groceries, prescription, and other personal needs.
- Have only people in the home who are essential to be there.
 - Other household members should stay in another home or place of residence. If this is not possible, they should stay in another room, or be separated from the person as much as possible. Use a separate bathroom, if available.
 - Do not allow visitors into the home.
 - Keep elderly people and those who have compromised immune systems or chronic health conditions away from the home.
- Make sure that shared spaces in the home, like a shared bathroom, have good airflow, such as an air conditioner, fan, or an opened window, weather permitting.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wear a disposable facemask, gown, and gloves when you touch or have contact with the person's blood, body fluids and/or secretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea. If disposable gowns not available, use a covering garment, like a long sleeve shirt, to be bagged after each use and later laundered using a mask and gloves as described below.
 - Throw out disposable facemasks, gowns, and gloves after using them. **DO NOT REUSE!**
 - Wash your hands immediately after removing your facemask, gown and gloves.
- Avoid sharing household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with a person with confirmed or possible COVID-19. After the person uses these items, you should wash them thoroughly.
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, immediately clean surfaces that may have mucous, blood or any body fluids on them.
 - Read the labels of cleaning products and follow the recommendations. Labels contain instructions for safe and effective use of the cleaning product, including precautions you should take when applying the products, 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 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 has blood, body fluids, and/or secretions or excretions on them.
 - Place dirty laundry in a plastic bag. Empty bag directly into clothes washer to minimize contact.
 - 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.
- Monitor the person's symptoms. If they are getting sicker, call his or her medical provider and tell them 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.
- Caregivers and household members who do not follow precautions when in close contact with a person who has COVID-19 infection, are considered "close contacts" and should monitor their health.
- **If you have any questions, call your healthcare provider or Lake County Public Health* MHOAC at 707-263-8174 or email MHOAC@lakecountyca.gov**

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