

## YOU MAY BE ASKED TO DO ANY OF THE FOLLOWING:

### WHO SHOULD DO IT?

### WHAT IS IT?

|                             |   |   |  |
|-----------------------------|---|---|--|
| <p>SELF-MONITORING</p>      |    | <p>People without symptoms, but who had a low-risk exposure, like being in an airport, restaurant, or in the same building at the same time as someone with a confirmed case of COVID-19.</p> | <ul style="list-style-type: none"> <li>• Practice social distancing.</li> <li>• Check and record your temperature 2x a day and watch for symptoms.</li> <li>• If symptoms develop, CALL your doctor to explain symptoms and possible exposure before going in.</li> </ul>  |
| <p>SELF-QUARANTINE</p>      |   | <p>People without symptoms, but who have a higher potential of becoming sick because of where they traveled or having had close contact with someone being tested for COVID-19.</p>           | <ul style="list-style-type: none"> <li>• Stay home 24/7 and self-monitor for 14 days.</li> <li>• Family and roommates should practice social distancing.</li> <li>• If symptoms develop, CALL your doctor.</li> </ul>  |
| <p>MONITORED QUARANTINE</p> |  | <p>International travelers and identified close contacts of people who have tested positive for COVID-19.</p>   | <ul style="list-style-type: none"> <li>• Same steps as self-quarantine.</li> <li>• Report to Health Department if symptoms develop during your 14 days of quarantine.</li> </ul>   |
| <p>SELF-ISOLATION</p>       |  | <p>People sick with symptoms of COVID-19 but not sick enough to be hospitalized.</p>  | <ul style="list-style-type: none"> <li>• Stay in a separate room from other household members.</li> <li>• Use a separate bathroom if possible. If you use the same bathroom, keep toothbrushes separate and disinfect all surfaces after each use.</li> <li>• Family/roommates should avoid contact with sick person and practice self-quarantine and monitoring.</li> <li>• Wear a mask if you go into shared spaces.</li> <li>• Stop isolation after the following three things happen:               <ol style="list-style-type: none"> <li>1. No fever for 3 days without fever reducing medicine.</li> <li>2. Symptoms improved.</li> <li>3. At least 7 days passed since symptoms first appeared.</li> </ol> </li> </ul> |

**Stay home** and monitor for symptoms if you have had contact with a person who has tested positive with COVID-19 or traveled to an impacted area.

**Monitor** your health two times a day; every morning and night for 14 days

- Watch for symptoms: cough, difficulty breathing, sore throat, runny nose or a fever
- Write down any symptoms you experience
- Take your temperature twice a day and write it down. Before you take your temperature:
  - o Wait 30 minutes after eating, drinking or exercising
  - o Wait 6 hours after taking medicines that can lower your temperature: acetaminophen/paracetamol, ibuprofen or aspirin
  - o Clean thermometer with soap and water after use

If you have a fever of 100.4 F (38C), cough or trouble breathing:

- If this is a life threatening emergency call 911
- Call your doctor's office or emergency department **before** seeking care and explain your symptoms and that you are self-monitoring

**Protect** Others' Health and Safety

During your self-monitoring period practice good health habits:

- Wash your hands with soap and warm water for 20 seconds and help young children do the same. If soap and water is not available, use an alcohol-based hand sanitizer with at least 60% alcohol
- Cover your mouth and nose with a tissue when you cough or sneeze or cough/sneeze into your upper sleeve. Immediately throw away used tissue in the trash, then wash hands
- Avoid close contact with others, sharing cups or sharing eating utensils
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs
- Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food
- Do not travel, unless you are seeking medical care. Call ahead before seeking care

**For more information:** <https://bit.ly/2U2xksn>

If you have possible or confirmed COVID-19, two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: feeling feverish, coughing, or difficulty breathing. Do this every day for 14 days. Your daily health checks are complete 14 days after you may have been exposed, or as indicated by your healthcare provider.

| DAY    | DATE | SYMPTOMS   | TEMP |
|--------|------|--|------|
| DAY 1  |      | <br>     |      |
| DAY 2  |      | <br>     |      |
| DAY 3  |      | <br>     |      |
| DAY 4  |      | <br>     |      |
| DAY 5  |      | <br>     |      |
| DAY 6  |      | <br> |      |
| DAY 7  |      | <br> |      |
| DAY 8  |      | <br> |      |
| DAY 9  |      | <br> |      |
| DAY 10 |      | <br> |      |
| DAY 11 |      | <br> |      |
| DAY 12 |      | <br> |      |
| DAY 13 |      | <br> |      |
| DAY 14 |      | <br> |      |

If you get sick, contact your healthcare provider. Notify them you are self-monitoring and of any recent travel.



If you have a medical emergency, call 911, and let them know you may have COVID-19.

Household members or caregivers may have close contact with someone who is in self-isolation with symptoms of COVID-19 or diagnosed with COVID-19. Household members/close contacts should follow these recommendations when caring for others in self-isolation:

## PROTECT YOUR OWN HEALTH

- Washing your hands often with soap and warm water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoiding sharing cups, drinking bottles, utensils and eating food from the same dish as the patient.
- Practice healthy habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

## MONITOR THE PATIENT'S HEALTH

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. Help with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting more sick, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19 or is in self-isolation with symptoms of COVID-19.
- If patient has a medical emergency and you need to call 911, notify dispatch personnel that the patient has, COVID-19 or is in self-isolation with symptoms.

## ISOLATE THE PATIENT

- Other household members should stay in another room or be separated from the patient as much as possible, including using a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for pets in the home. The patient should not handle pets or other animals while sick. For more information, see [COVID-19 and Animals](#).
- Avoid sharing personal items with patient like dishes, towels, and bedding.

## CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES

- Clean all commonly touched surfaces like counters, tables, light switches, and door knobs/handles. Use a household cleaning spray or wipe according to the label instructions.
- Wash laundry thoroughly.
  - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
  - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.



## TAKE PRECAUTIONS

- The patient should wear a facemask, if available, around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- Wear a disposable facemask, if available, and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
  - Throw out disposable facemasks and gloves after using them in a lined container before disposing of them with other household waste. Do not reuse. Clean your hands immediately after handling these items.
  - When removing personal protective equipment, 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.
  - During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

## WHEN TO END HOME ISOLATION (STAYING HOME)

- People with COVID-19 or symptoms of COVID-19 can stop home isolation under the following conditions:

**If a test is not available** to determine if they are still contagious, stop isolation after **ALL** three of these things happen:

1. No fever for at least three full days without using fever reducing medicine
2. Other symptoms have improved (cough or shortness of breath)
3. At least 7 days have passed since symptoms first appeared

OR

**If tests are available to re-test** to determine if they are still contagious, stop isolation after **ALL** three of these things happen:

1. No fever (without using fever reducing medicine)
2. Other symptoms have improved (cough or shortness of breath)
3. They received two negative tests in a row, 24 hours apart

This is an evolving situation and information/resources will be updated as available at [www.oakgov.com/covid](http://www.oakgov.com/covid). Our Nurse on Call is available at 800-848-5533