

Home Isolation Instructions for Coronavirus Disease 2019 (COVID-19)

The following instructions are for people who are confirmed to have COVID-19 or clinically suspected to have COVID-19.

Information for people with COVID-19 who are not hospitalized

Home Care

People who are sick with COVID-19 or who have tested positive for COVID-19 but who do not have symptoms (are asymptomatic), should stay home and separate themselves from others until they complete their isolation period, and it is safe to be around others.

People who are infected can take the following steps to help relieve their symptoms:

- Rest and allow your body to recover.
- Stay hydrated—Drink plenty of fluids, especially water and fluids with electrolytes.
- Take over-the-counter medications such as acetaminophen (i.e., Tylenol®) as needed to reduce fever and pain*—Children under the age of 2 should not be given any over-the-counter cold medication without first speaking with a healthcare provider.

Treatment

The County provides **FREE treatment** for people who recently tested positive for COVID-19 and have symptoms OR to help prevent COVID-19 among people who have been exposed to COVID-19.

You may qualify for treatment if:

- You tested positive for COVID-19 **AND**
- Your symptoms began within the last 5 days (for antiviral pills) **AND**
- You are at [high risk](#) of getting very sick from COVID-19.

Resources include:

- **OptumServe** - Call **(888) 634-1123** to schedule an appointment for testing or Paxlovid, if eligible.
- **SesameCare** - Call **(888) 897-1244** to schedule a telehealth appointment, which includes a prescription for treatment with Paxlovid, if eligible.
- **ASPR Test to Treat** – Find a [clinic location](#) for visits.
- **Monoclonal Antibody Regional Center (MARC)** – Call at **(619) 685-2500** or email COVIDTreatment@sdcounty.ca.gov to make an appointment to obtain Paxlovid.

People 12 years and older can be treated at the Monoclonal Antibody Regional Center (MARC) with antiviral pills.* For treatment of a child under 12 years of age, contact your child's pediatrician or provider.

*Rebound after [Paxlovid](#) treatment has been reported to occur between 2 and 8 days after initial

recovery. COVID-19 rebound is characterized by a recurrence of COVID-19 symptoms or a new positive viral test after having tested negative. Regardless of whether the patient has been treated with an antiviral agent, risk of transmission during COVID-19 rebound can be managed by following [CDC's guidance on isolation](#), including taking other precautions such as masking.

[See the patient handout](#) to learn more about free treatment. For questions, please email COVIDtreatment@sdcounty.ca.gov. [Visit the County of San Diego Treatment for COVID-19](#) website for more information.

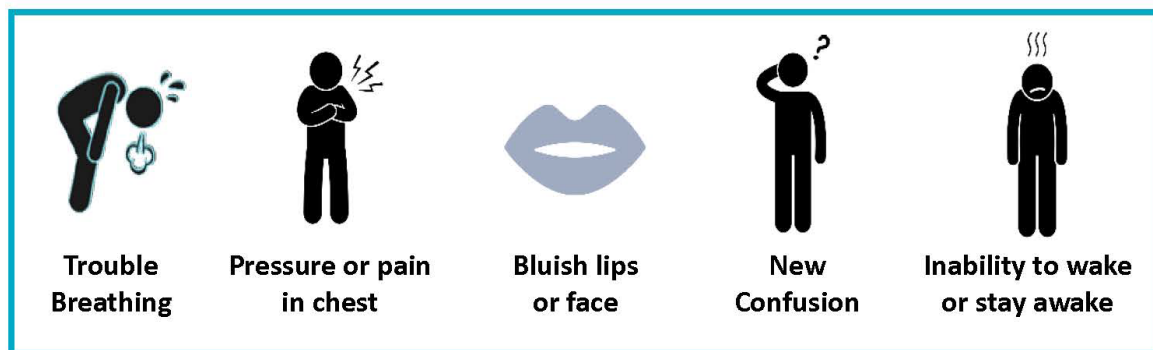
Please **do not** go to the emergency department just to seek antiviral treatment or COVID-19 testing. Our emergency departments are impacted by the surge of COVID-19 cases and should be reserved for people with urgent medical conditions.

**Over-the-counter medications do not “cure” the virus or prevent the virus from spreading to others but are recommended to increase comfort and relieve certain symptoms associated with the illness.*

Seeking Medical Care

Monitor your health and seek prompt medical care if your symptoms get worse, especially if you are at an increased risk for serious illness. This includes [older adults](#) (risk for severe illness increases with age) and [people with underlying medical conditions](#) (such as cancer, chronic kidney disease, chronic obstructive pulmonary disease/COPD, immunocompromised, obesity, heart conditions, sickle cell disease, type 2 diabetes).

Call 911 if you are experiencing any symptoms that require emergency assistance, such as:



Tell the 911 operator that you have COVID-19. If possible, put on a face mask before emergency medical services arrive.

If it is not urgent, call your healthcare provider for medical advice, they may be able to assist you by phone. If you do need to visit a healthcare facility, make sure you put on a face mask before you enter to protect others from catching the infection from you.

COVID-19 may be stressful for people, see our [How to Manage Your Mental Health and Cope During COVID-19](#) page for resources for families, parents, and caregivers to learn how to care for your mental health and support your loved ones during this outbreak. You may also find it settling to know that Public Health Services will not notify or release any personal information about you to

your workplace or school unless it is necessary to do so to protect your health or the health of others.

Protecting Others

Follow the steps below to help prevent the spread of COVID-19 to other people in your home and your community.

- **Stay home except, if needed, to get medical care.**
- Do not go to work, school, or public areas.
- Stay home and away from others until you have met all conditions needed to safely end your isolation period. (See box below for more information on ending isolation.)
- If you must leave home while you are sick, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, drive with the windows down and wear a mask or face covering.
- Arrange for food and other necessities to be delivered to your home and left at your door if you do not have someone who can help you with these essential needs. [Call 2-1-1 to learn about services available.](#) If you need to meet someone at the door, wear a face covering.

Ending Home Isolation

Individuals, regardless of vaccination status, previous infection, or lack of symptoms, with COVID-19 who are caring for themselves at home may discontinue isolation once **ALL** of the following conditions have been met.

1. At least 5 days* have passed since your symptoms first appeared (or after date of first positive test if no symptoms).
2. Isolation can end after day 5 if symptoms are not present or are resolving **and** you get another test (either PCR or antigen) on day 5 or later which tests negative.
3. If unable to test, choosing not to test, or you test positive on day 5 (or later), isolation can end after day 10 if you have not had a fever for at least 24 hours without using medication to reduce fever.
4. If fever is present, isolation should continue until 24 hours after fever resolves.
5. If symptoms, other than fever, have not improved, continue to isolate until symptoms are resolving or until after day 10.
6. Per California Department of Public Health (CDPH) masking guidance, you should wear a well-fitted face mask around others for a total of 10 days, especially in indoor settings.

**People with [severe to critical illness](#) or who are [severely immunocompromised](#) should consider consultation with their healthcare provider or an infection control expert and may be advised to extend their isolation period up to 20 days.*

- **Separate yourself from other people in your home.**
- Select a specific room in your home that will be used for you to separate yourself from others while you recover—Stay in this room away from other people in your home as much as possible. It is especially important to stay away from individuals who are at [higher risk of serious illness](#) if infected.
- Use a separate bathroom, if possible. If this is not possible, clean and disinfect the bathroom after each use as indicated below.
- Practice social distancing when around others in your home—Try and stay at least 6 feet away from others.
- Open windows or use a fan or air conditioner in shared spaces of the home to ensure good airflow.
- Do not allow visitors in your home.
- Do not handle pets or other animals while you are sick.
- Do not prepare or serve food to others.
- Do not care for children or others in your home if possible.
- If it is not possible to adequately separate yourself from others in your home, or if you live with individuals who are at higher risk of serious illness if infected with COVID-19 (such as older adults, those with a chronic disease or a compromised immune system), consider staying someplace else where you can separate from others.

- **Wear a face mask if you will be around others.**

You should wear a face mask when you are around other people or pets, such as when sharing a room or vehicle and before entering a hospital or healthcare provider’s office. It is a good idea for them to always wear masks around you too. If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you. If they must enter your room, they should wear a face mask. After leaving your room, they should immediately wash their hands, then remove and dispose of their face mask or place it directly in the laundry if using a reusable face mask and wash their hands again.

- **Cover coughs and sneezes.**

To prevent spreading the infection to others, when coughing or sneezing cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water.

- **Avoid sharing household items.**

Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or additional items with other people in the home. These items should be washed thoroughly after use with soap and warm water.

- **Keep your hands clean.**

All people in the home should wash their hands often and thoroughly, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available and if hands are not visibly dirty. Avoid touching eyes, nose, and mouth with unwashed hands.

- **Clean all “high-touch” surfaces every day.**
High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them. Disinfect using [EPA approved products proven for use against the COVID-19 virus](#) (e.g., Clorox Disinfecting Wipes, Lysol Clean & Fresh Multi-Surface Cleaner, Purell Professional Surface Disinfectant Wipes).

Cleaning Instructions

- Follow the recommendations provided on cleaning product labels including precautions you should take when applying the product, 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 find out if the product works against viruses, read the product label, call the 1-800 number on the label, or visit www.epa.gov.

To make a bleach solution at home:

Small Supply
4 teaspoons bleach
1-quart (4 cups) water

Large Supply
1/3 cup of bleach
1-gallon (16 cups) water

Add 4 teaspoons of bleach to 1 quart (4 cups) of water. For a larger supply, add 1/3 cup of bleach to 1 gallon (16 cups) of water. [See our Coronavirus COVID-19 Disinfection Guidance for more information.](#)

- Wash laundry thoroughly.
- Immediately remove and wash clothes or bedding that have blood, body fluids and/or secretions or excretions on them.
- Wear disposable gloves while handling soiled items. Wash your hands immediately after removing your gloves—Reusable rubber cleaning gloves can be used as an alternative if disposable gloves are not available and should be removed after use and placed directly in the wash without touching anything else and hands should be washed immediately after gloves are removed. If gloves are not available or were not used, wash your hands immediately and thoroughly after touching anything that may have been in contact with body fluids.
- 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, face masks, and other contaminated in a lined container before placing them with other household waste. Wash your hands immediately after handling these items. If **reusable** gloves, gowns, face masks or face coverings are used, place these items directly in the wash after use, and wash your hands thoroughly.

- **Returning to work or school**

When you have completed your home isolation period (According to the box above on ending home isolation), you are no longer considered infectious and can resume your usual activities, including returning to work or school. You do NOT need to show any proof, such as a negative test result or a letter from Public Health Services, to be able to return to work or school. You should continue to follow all safety guidance when around others outside of your household.

Information for Your Close Contacts

What is a close contact?

A “close contact” is anyone who has been sharing the same indoor airspace (e.g., home, clinic waiting room, airplane), for a cumulative total of 15 minutes or more over a 24-hour period during your infectious period. You are considered to be infectious starting 48 hours/2 days before your symptoms began (for individuals who do not have symptoms, this is 48 hours/2 days before your test was taken) until your isolation period ends.

If you have tested positive for COVID-19, you should tell all of your close contacts that they have been exposed to COVID-19 and they should follow the Guidance for COVID-19 Close Contacts.

There is specific work exclusion or quarantine guidance for Close Contacts who live or work in specified High-Risk Settings. High-risk settings are places in which transmission is high, and populations served are at risk of more serious COVID-19 disease consequences including hospitalization, severe illness, and death. The following are considered High-Risk Settings:

- [Emergency shelters](#) and [cooling and heating centers](#)
- [Healthcare settings](#)
- [Homeless shelters](#)
- Local [correctional facilities and detention centers](#)
- [Long-term care settings & adult and senior care facilities](#)

If your close contacts fit into one of these categories or you would like more information on work exclusion and quarantine in San Diego County, see the [Public Health Officer’s Quarantine Order for more information](#).

Work exclusion or quarantine is not required for people who are asymptomatic regardless of their vaccination status. Persons infected within the prior 30 days do not need to be tested if they are a close contact and have no symptoms. **Close contacts who are not included in the High-Risk groups specified above** should follow the guidance for the general public.

See our [Guidance for COVID-19 Close Contacts](#) for more information. If your close contacts develop symptoms, they should self-isolate immediately, follow the [Home Isolation Instructions for COVID-19](#),

[get tested for COVID-19](#), contact a healthcare provider if they need medical attention.

Precautions for close contacts

It is recommended that everyone avoid sharing the same indoor airspace with you while you are under home isolation.

Your caregivers and household contacts should wear a disposable face mask and gloves if they clean your room or bathroom or come into contact with your body fluids, and/or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea). They should remove and dispose of their gloves first, wash their hands, then remove and dispose of their face mask and wash their hands again. (If a reusable face mask and/or gloves are used, place these items directly in the wash after use and follow the same steps for removal.)

Visit our website www.coronavirus-sd.com for more information, resources, and guidance. **If you have health concerns, please contact your healthcare provider.** If you do not have a healthcare provider, are uninsured, or need help finding community resources, call 2-1-1 for assistance.