



Self-isolation Instructions for Individuals Who Have or Likely Have COVID-19



These instructions are for people who have or likely have COVID-19. They include information for households, families, caregivers, or close contacts.

What is self-isolation?

When you have COVID-19 it is important to self-isolate (or stay at home and separate yourself from others). You should stay in a separate room away from other people in your household to keep them safe and prevent them from getting ill.

How can you care for yourself at home?

There is no specific treatment for the virus that causes COVID-19. Most people with COVID-19 will have mild illness and can get better with proper home care without the need to see a medical provider. Here are steps that you can take to help you feel better:

- ▶ Rest & drink plenty of fluids
- ▶ Take over-the-counter medicines as directed to reduce fever and pain (talk to a medical provider before giving a child younger than 2 years old over-the-counter cold medicines)

Note: over-the-counter medicines do not “cure” you and do not stop you from spreading germs.

What are the symptoms of COVID-19?

Common symptoms of COVID-19 include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body pain, headache, congestion or runny nose, sore throat, nausea, vomiting, diarrhea, or new loss of taste or smell. Please note that this list does not include all possible symptoms.

When should you get medical care?

Write down when your symptoms started and continue to monitor your health. Get medical care if your symptoms get worse, especially if you are at a higher risk of serious illness. If you are 65 years or older, severely overweight, or have a health problem such as a chronic disease (e.g., diabetes) or a weak immune system, you are considered high risk and should contact your doctor, especially if you are having any symptoms. Call ahead before visiting your medical provider, you may be able to get advice by phone.

Call 911 if you start to have emergency warning signs



Difficulty breathing



Pressure or pain in chest



Bluish lips or face



Confused or hard to wake



Other serious symptoms

If you call 911, tell the dispatch personnel that you have COVID-19.



What steps can you take to protect others in your home and community?

Stay home except to get medical care

- Do not go to work, school, or public areas.
- If you must leave home to get medical care, call ahead of time and use a private vehicle if possible. If you cannot drive yourself, keep as much distance between you and the driver as you can. Wear a facemask (or if you don't have one, cloth face covering) and leave the windows down if possible.
- Avoid public transportation, ride shares, or taxis.
- Wear a facemask (or cloth face covering) before entering hospitals or medical offices.



Separate yourself from other people in your home

- Stay in a separate room and away from other people.
- Try to stay away from people who are at higher risk of serious illness. People who are age 65 years or older, severely overweight, or have a health problem such as a chronic disease (e.g., diabetes) or a weak immune system are considered high risk. If these people live with you, they should contact their doctor, especially if they are having any symptoms.
- Use a separate bathroom. If not possible, clean and disinfect the bathroom after use.
- Stay at least 6 feet (2 meters) from others.
- Open windows and turn on a fan (if possible) in shared spaces for good airflow.
- Do not allow visitors.
- Do not prepare or serve food to others.



Clean your hands often

- Wash your hands often and thoroughly with soap and water for at least 20 seconds.
- Wash your hands after blowing your nose, coughing, or sneezing, going to the bathroom, and before eating or preparing food.
- If soap and water are not available, use a hand sanitizer containing (60% ethanol or 70% isopropanol). Never use hand sanitizers with methanol due to its high toxicity to both children and adults.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can and immediately wash your hands.





What steps can you take to protect others in your home and community?

Wear a facemask or cloth face covering when around others

- Wear a facemask any time you are around other people, even at home.
- This includes any time someone else must enter the same room you are in.
- If you do not have a facemask, wear a cloth face covering. Do not place a facemask or cloth face covering on anyone who has trouble breathing or is unable to remove it without assistance.
- A person who must enter your room should wear a facemask if you are unable to wear one. Afterwards they should immediately wash their hands, then remove their facemask, and wash their hands again.
- Infants and children under 2 years of age should not wear a facemask or cloth face covering. Children ages 2-8 can use them under parent or adult supervision. Parents should make sure children can breathe safely to avoid choking or suffocation.



Avoid sharing personal household items

- Do not share dishes, drinking glasses, cups, or eating utensils with other people. Thoroughly wash with soap and water after use.
- Do not share towels or bedding with other people in your home.



Clean and disinfect all “high-touch” surfaces every day

- High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean and disinfect any surfaces that may have body fluids on them.
- Use household cleaning and disinfectant sprays or wipes, following product instructions.



Getting help with food and other basic needs

- ▶ Try to order food or groceries for home delivery if you do not have someone to help you. Ask deliveries be left in a safe spot at your door. If you need help getting food or other necessities, call (530) 993-6700.
- ▶ For additional resources, please call (530) 993-6700 or email COVID19@sierracounty.ca.gov.