

You have been exposed to Coronavirus. You must quarantine at home and monitor for symptoms:

What do I need to do?

- Take your temperature twice a day (morning and night).
- You should keep a record of whether you are taking any medication with aspirin, Tylenol® (acetaminophen), Aleve® (naproxen), Motrin® or Advil® (ibuprofen). If you are taking any of those medications, temperature readings should be taken before your next dose.
- Monitor daily for symptoms including fever (temperature of 100.0° F or above), feeling feverish, chills, cough, night sweats or difficulty breathing.

What do I do if I develop symptoms?

- **If you develop symptoms, contact Inyo County HHS, Public Health Department (760) 873-7868.**
- **If you need emergency medical care call 911**, and be sure to tell them you may have been exposed to novel coronavirus.
- Seek medical attention if your illness is worsening (e.g., difficulty breathing).
- Before seeking care, call your healthcare provider and tell them that you have had a potential exposure to novel coronavirus.
- Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.

How often will I be contacted?

- Inyo County HHS, Public Health Department will contact you periodically by phone.
- During these calls you will be asked about your symptoms and temperatures for the days since your last call.
- If you develop symptoms, **do not** wait for us to contact you to report symptoms.

How long will monitoring last?

- If you do not develop symptoms active monitoring and quarantine will end
 - after 14 days since your last potential exposure to someone with novel coronavirus, or sooner as indicated by Inyo County HHS, Public Health.
 - if you have ongoing exposure to the infected individual (caregiver, household member, ect.) your home quarantine will end 14 days after the individual is afebrile for 3 days without the help of medication and 7 days from the onset of their symptoms.
- If you develop symptoms you will be presumed to have COVID-19 and your isolation will end
 - At least 3 days (72 hours) have passed *since recovery*, defined as resolution of fever without the use of fever-reducing medications; **and**
 - Improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**
 - At least 7 days have passed *since symptoms first appeared*

If you have questions please contact Inyo County HHS, Public Health (760) 873-7868.

You have or are suspected of having Coronavirus disease (COVID-19). You must isolate at home by order of the public health officer.

What does it mean to quarantine at home?



Stay at home except to get medical care.

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis.

Why quarantine?

Viral illness like COVID-19 spread easily from person to person. Quarantine protects others from getting sick including people who are high risk for serious illness such as older adults and people with weakened immune systems. Additionally, it is important to slow the spread of COVID-19 to avoid overwhelming the health care system.

Monitor your symptoms.



You have a viral illness which may include symptoms like muscle aches, fevers, chills, runny nose, cough, sneezing, sore throat, vomiting or diarrhea. Most patients with COVID -19 have mild symptoms and recover on their own. Call your primary care provider for additional instructions on home care. Seek prompt medical attention if your symptoms worsen (e.g. difficulty breathing). **If you need emergency medical care call 911**, and tell them you have, or may have, coronavirus infection.

Take care of yourself:

- There are currently no known medication for coronavirus. Antibiotic medicines do not help with infections from viruses. Patients with severe symptoms will get supportive care and possibly experimental treatments. But there are treatments for the symptoms of the infection.
- Drink plenty of fluids and rest. Try to get extra sleep.
- Take over-the-counter acetaminophen (Tylenol) or Ibuprofen if needed to help with fever, body aches or other pain. Be sure that you do not take Tylenol or Ibuprofen with other cold/flu medicines which contain these ingredients. Read labels.
- Rest as much as possible.
- Do not drink alcohol.
- Do not use any products that contain nicotine or tobacco, such as cigarettes and e-cigarettes. If you need help quitting, ask your health care provider.

Wear a facemask.



You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Separate yourself from other people in your home.

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.



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 wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.



Clean your hands.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



Clean all “high-touch” surfaces everyday

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.



How long to continue isolate?

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions is made in consultation with health care providers, and state and local health departments.

- **At least 3 full days (72 hours) have passed since recovery, defined as resolution of fever without use of fever-reducing medications and improvement of respiratory symptoms (e.g. cough, shortness of breath).**

AND

- **At least 7 days have passed since symptoms first appeared.**

Other reliable sources for information:

General Information: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>



California Department of Public Health:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>



Inyo County Public Health: <https://www.inyocounty.us/covid-19>



Mono County Public Health: <https://coronavirus.monocounty.ca.gov/>



What to do when living with someone with COVID-19?

What do I need to do?

- You should help the patient 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's symptoms worsen (e.g. difficulty breathing), call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19 or is awaiting test results for COVID-19. **If the patient has a medical emergency and you need to call 911**, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.

Distance yourself

- Stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available. Avoid sharing household items.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Patients should not handle pets or other animals while sick.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.

Masks – if available

- You and the patient should wear a facemask if you are in the same room.
- Wear a disposable facemask 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. Do not reuse.
 - 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.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste.

How to clean

- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day.
- Wash laundry thoroughly
 - With gloved hands, immediately remove and wash clothes or bedding that have blood, stool, sweat or other body fluids on them. Follow directions on labels of laundry and detergent.