

## COVID-19 Self-Isolation and Health Monitoring Instructions

### If you have been tested for COVID-19 but have not yet received your test results:

- **Stay home except to get medical care, even if you are feeling well.** This is called quarantine.
- **Please isolate yourself from other household members.** Restrict activities outside your home, except for getting medical care.
- **Do not:**
  - Go to work, school, or public areas
  - Use public transportation (bus, BART, airplane, taxi, UBER, LYFT)
  - Travel
  - Go to the movies, to church, to a shopping mall or any place where lots of people may gather
- **You can go outside in your own yard** (not a shared yard).
- **Call your doctor's office or clinic before going to any scheduled appointments** to notify them of your pending COVID-19 test in the event that you need to reschedule.
- **Follow the general guidance** for minimizing the spread of infection in the section below.

### If you have confirmed COVID-19 infection:

- **Stay home except to get medical care, even if you are feeling well.** This is called quarantine.
- **Restrict activities outside your home,** except for getting medical care.
- **Do not:**
  - Go to work, school, or public areas
  - Use public transportation (bus, BART, airplane, taxi, UBER, LYFT)
  - Travel
  - Go to the movies, to church, to a shopping mall or any place where lots of people may gather
- **Do separate yourself from other people in your home.** As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available.
- **Do 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 health care 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.
- **Do 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 if your hands are visibly dirty.
- **Do clean your hands often.** 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.

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- **Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.
- **Increase your cleaning routine,** specifically in areas that need to be shared such as a bathroom or kitchen. Clean doorknobs, phones, keyboards, tablets, bedside tables, toilets, bathroom and kitchen fixtures.

### Monitoring Your Health:

- **Monitor your symptoms.** Seek prompt medical attention if your illness is worsening (e.g., shortness of breath or difficulty breathing).
- **If symptoms are worsening** and you need immediate care, please go to an Emergency Room for evaluation or call 911 if needed.
- **If you need to call 911,** notify the dispatch personnel that you have been diagnosed with COVID-19.
- **Before seeking care,** call your health care provider and tell them that you have been diagnosed with, or are being evaluated for COVID-19.
- **If you need to visit a doctor, health care clinic or Emergency Room,** put on a facemask before you enter the facility. If you do not have one, send someone into the facility to ask for one and to inform the staff of your arrival. These steps will help the health care provider's office, clinic or Emergency Room to keep other people from getting infected or exposed.
- **Ask your health care provider to call the local or state health department.** Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.
- **Call ahead before picking up medications at the pharmacy.** Please call the pharmacy BEFORE going to pick up your prescriptions so that they can work with you to determine the best way for you to receive your prescription(s).
- **If you have a medical appointment,** call the health care provider and tell them that you have or may have COVID-19. This will help the health care provider's office or clinic take steps to keep other people from getting infected or exposed.
- **If you have questions.** Please contact your primary care doctor's office during normal business hours. Alternatively, you may call a John Muir Health Urgent Care Center for further assistance. Please visit [www.johnmuirhealth.com/services/urgent-care-services.html](http://www.johnmuirhealth.com/services/urgent-care-services.html) for the phone numbers of an Urgent Care Center near you.

### Isolation Instructions (How long do you need to quarantine?)

- **If you think or know you had COVID-19, and had symptoms:**  
You can be with others (come out of isolation) after:
  - At least 10 days since symptoms first appeared AND
  - At least 24 hours with no fever without fever-reducing medication and symptoms have improved

Depending on your health care provider's advice and availability of testing, you might get retested to see if you still have COVID-19. If you are retested, you can be around others when

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you have no fever, your other symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

- **If you tested positive for COVID-19 but had no symptoms:**  
If you continue to have no symptoms, you can be with others (come out of quarantine) after 10 days have passed since testing.

Depending on your health care provider's advice and availability of retesting, you might get retested to see if you still have COVID-19. If you will be retested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

If you develop symptoms after testing positive, follow the guidance above for "Monitoring Your Health."

- **You have a weakened immune system (immunocompromised) due to a health condition or medication. When can you be around others?**  
People with conditions that weaken their immune system might need to stay home longer than 10 days. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your health care provider. You can be with others after you receive two negative test results in a row, at least 24 hours apart.

If testing is not available in your area, your doctor should work with an infectious disease expert at your local health department to determine if you are likely to spread COVID-19 to others and need to stay home longer.

- **Health care workers.** If you are a health care worker, please refer to your organization for return to work and work restriction requirements.

### If you have had close contact with someone who is COVID-19 positive:

- The CDC defines close contact as any individual within 6 feet of an infected person for at least 15 minutes.
- Quarantine yourself for 14 days after your last contact with that person. Monitor for symptoms of fever, cough or shortness of breath. Contact your health care provider if you have symptoms.
- **If you do not have symptoms, quarantine can end:**
  - **AFTER day 10 without testing**
  - **AFTER day 7 after receiving a negative test result (test must occur on day 5 or later)**

After stopping quarantine:

- Watch for symptoms until 14 days after exposure.
  - If you have symptoms, immediately self-isolate and contact your health care provider.
  - Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.
- If you live with someone who is ill with COVID-19, you need to be quarantined for 14 days after your household member no longer needs to be isolated.



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### If you have a COVID-19 test with negative results:

- **Monitor your symptoms.** Continue to monitor your symptoms and if they worsen, please contact your primary care doctor's office. Alternatively, you may call a John Muir Health Urgent Care Center. Please visit [www.johnmuirhealth.com/services/urgent-care-services.html](http://www.johnmuirhealth.com/services/urgent-care-services.html) for the phone number of an Urgent Care Center near you.
- **If symptoms are worsening** and you need immediate care, please go to an Emergency Room for evaluation or call 911 if needed.