Addendum II Home Quarantine Instructions for Close Contacts to COVID-19

SUMMARY

If you have been in close contact with a person diagnosed with COVID-19 you are required to:

❶ **Quarantine - stay home and separate yourself from others for 10 days**

❷ **Monitor your health for 14 days**

❸ **Follow the Quarantine Order** along with **the steps below**

It is recommended that you <u>get tested</u> for COVID-19.

Please help slow the spread of COVID-19. Answer your phone if you get a call from "Lake County Public Health" or **Phone: (707) 263-1090 or Toll Free: (800) 794-9291**.

QUARANTINE

<u>Quarantine</u> is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease before a person knows they are sick or if they are infected with the virus without feeling symptoms.

What is a Close Contact?

You are a "close contact" if:

a. You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more over a 24-hour period.

b. You had unprotected contact with the body fluids and/or secretions from someone with COVID-19. For example, you were coughed or sneezed on, you shared a drinking cup or eating utensils, you kissed, or you provided care to them without wearing the right protective equipment.

A person with COVID-19 can infect others from 2 days before their symptoms first started until they are allowed to end their home isolation (as described in <u>Home Isolation Instructions</u>). A person with a positive COVID-19 test but who does not have symptoms is considered to be infectious from 2 days before their test was taken until 10 days after their test.

How long to I have to quarantine?

If you have been in contact with someone with COVID-19, you must quarantine for 10 full days from you last contact with the infected person*.

➢ You can end your quarantine after Day 10 if you never had any symptoms and you take the following precautions:

From Day 11 through Day 14:
- ➢ <u>Be extra careful</u>. Wear a face covering when around other people (including those in your household), stay at least 6 feet away from others, wash your hands often, and take other steps to protect others (and yourself).
- ➢ Keep checking for COVID-19 symptoms every day. If you do get symptoms, isolate at home and follow the "If you develop symptoms" instructions below.

It is best to keep away from people at high risk for getting very sick from COVID-19 for the full 14 days.

If you don't know when you were exposed to the infected person and you received a Public Health Emergency Quarantine Order, you can end your quarantine 10 days after the date the order was issued (as long as your don't have symptoms).
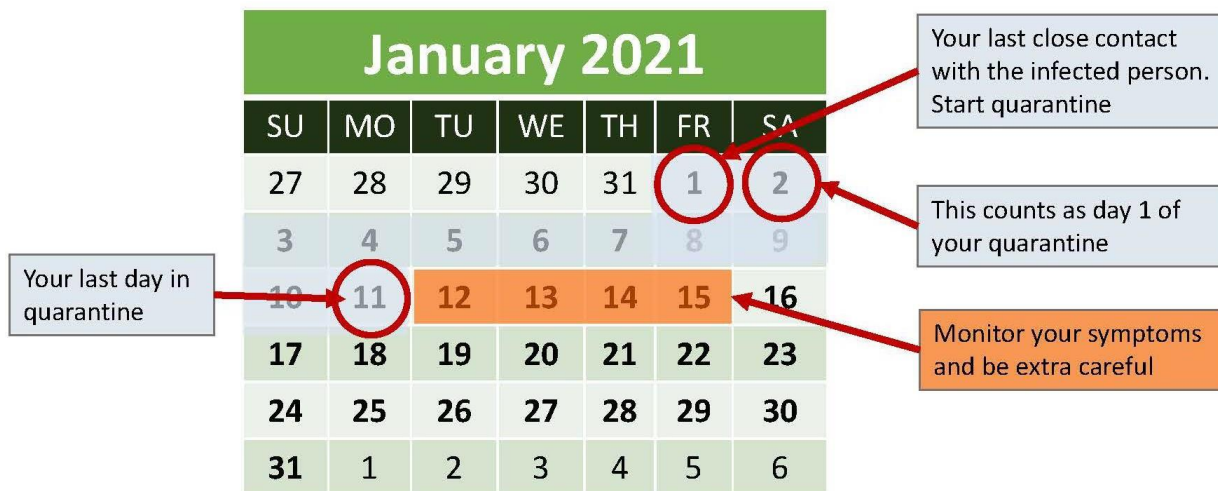
If you have a test for COVID-19, and it is negative, you must still quarantine for at least 10 days.

How to calculate when your quarantine period ends

If you have no more contact with the infectious person
Your last day of quarantine is 10 days from the date after you last had close contact.
For example:

If you continue to have contact with the infected person
For example, you live with and/or care for the person with COVID-19:
- ➢ If you can avoid <u>close contact</u>, your last day of quarantine is after 10 days from when the person with COVID-19 started to follow the <u>Home Isolation Instructions</u>.
- ➢ *But,* if you have close contact with them again while they are still in isolation, your 10- day quarantine period will have to restart from the last day that you had close contact.

➢ If you cannot avoid close contact, your last day of quarantine is 10 days from the date that the person with COVID-19 was told their isolation ends.

Restrictions during quarantine

To prevent you from spreading COVID-19, you must restrict activities and limit actions that may put you in contact with others.

➢ Stay home. Do not go to work, school, or public areas. You may only leave quarantine to get needed medical care.

➢ Do not allow visitors.

➢ Separate yourself from others in your home (unless they are also in quarantine).

➢ If you need to be in the same room as other people in your home, set it up so that you can stay 6 feet apart if possible. It is important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years or older or have a health problem such as a chronic disease or a weak immune system.

➢ Use a separate bathroom, if available.

➢ Stay at least 6 feet away from others. When this cannot be done, wear a face covering (see Guidance for Face Coverings for more information).

➢ Do not make or serve food to others.

Work and School

➢ Workers' Comp, Exclusion Pay, Disability Insurance, Unemployment & Paid Family Leave may be available for people who cannot work because they, or a family member, need to isolate or quarantine.

➢ When your quarantine period is over, you may return to work or school. You do not need a letter from Public Health and should not need a negative test.

Steps to take when getting medical care or COVID-19 testing

➢ Wear a mask. If you don't have one, wear a cloth face covering (see Guidance for Cloth Face Coverings for more information).

➢ Children under the age of 2 should not wear cloth face coverings. Children between the ages of 2 and 8 should use them but must be supervised by an adult to make sure they can breathe safely and avoid choking or suffocation. A mask or cloth face covering should not be placed on anyone who has trouble breathing or would need help to remove it. See Guidance for Cloth Facing Coverings for more information.

➢ Use a private car if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver.

➢ Wear a mask or cloth face covering and leave the windows down. You should not use public transportation.

TESTING FOR COVID-19

As a close contact to someone with COVID-19, it is recommended that you get tested. This is to check if you are already infected. If you test negative, you still need to quarantine for 10 days.

Testing is not recommended for people who had a positive viral COVID-19 test in the last 90 days **and** do not currently have symptoms of COVID-19.

COVID-19 Testing

OptumServe is now offering testing services
  ➢ SCHEDULE ONLINE AT HTTPS://LHI.CARE/COVIDTESTING
  ➢ Call 888-634-1123 for assistance with scheduling.

Testing is available Monday through Saturday, 7 am - 7 pm, excluding holidays at the following locations:
  ➢ Mondays, Fridays & Saturdays: City of Lakeport Silveira Community Center (500 N. Main Street)
  ➢ Tuesdays, Wednesdays & Thursdays: Lower Lake at Town Hall (16195 Main Street)
  ➢ Appointments are highly recommended; limited on-site registration is available.

Alternative Testing Resources:
  ➢ Rite Aid is conducting Drive-Thru testing in Clearlake and Ukiah. Appointments can be made online at https://www.riteaid.com/pharmacy/services/covid-19-testing. Insurance is not required.
  ➢ Lake County Tribal Health offers testing by appointment to established patients with or without symptoms. For appointments, call 707-263-1000. For pediatric appointments, call 707-263-1010.

If your test result is positive:
  ➢ You have COVID-19
  ➢ You need to isolate.
  ➢ You need to tell all of your close contacts to quarantine and give them these quarantine instructions.

If your test result is negative:
  ➢ You may still be infected, but it is too early to show on the test.
  ➢ You need to quarantine for 10 days after you last had close contact with the person with COVID-19.
  ➢ Monitor your symptoms and follow the instructions below.

MONITOR YOUR HEALTH

It is important to monitor your health for symptoms of COVID-19 for 14 days from your last contact with the infected person.

Symptoms of COVID-19 may include any of the following:
- fever
- chills
- cough
- shortness of breath or difficulty breathing
- feeling tired
- muscle or body aches
- headache
- sore throat
- nausea or vomiting
- diarrhea
- congestion or runny nose
- new loss of taste or smell

Call 911 or go to an emergency room if you are having serious symptoms. Serious symptoms include difficulty breathing, pain or pressure in your chest, have bluish lips or face or being confused or having difficulty waking up.

If you develop symptoms
Isolate yourself at home (this means if you left quarantine and it is Day 11-14 you need to return home immediately and strictly stay away from others except for medical care).

Contact your healthcare provider, clinician advice line, or telemedicine provider for a medical assessment and arrange a test for COVID-19. Tell them that you have been in contact with someone who has COVID-19.

- If you test positive for COVID-19 or your provider thinks you have COVID-19, you must follow the "Public Health Emergency Isolation Order" for COVID-19 and the "Home Isolation Instructions for People with COVID-19 Infection.

- If you test negative for COVID-19 and/or our provider thinks that you do not have COVID-19, you must complete your quarantine period and stay home until at least 24 hours have passed since you have been fever-free without using fever reducing medications.

- If you don't get tested, you should isolate for at least 10 days from when your symptoms first started and at least 24 hours have passed since you have been fever- free without using fever reducing medications.