COVID-19 Isolation Instructions

Everyone in the home

- Wear a face covering that covers your mouth and nose whenever you are in the same room with a family member.
- Stay at least 6-feet away from others in your home.

Anyone with symptoms

- Have only one other person in the household provide care for anyone who is sick. The caregiver should wash hands after close contact with anyone who is sick.
  - Eat in a separate room from others and have food brought by the caregiver.
  - Sleep in a separate room from others, if possible. If not, sleep least 6 feet away from others in your home.
  - Sanitize after the sick household member uses a common area such as the bathroom or kitchen.
  - The sick household member should wash their own clothes and linens if possible. If not, the caregiver can do so and wash their own hands and clothes afterward.

These behaviors are especially important if you have someone in your home who have medical conditions or are above age 65.

- Keep vulnerable members away from household members who are sick as well as the COVID caregiver.

If your symptoms worsen or become severe

- Please see a doctor right away.
- Call ahead and tell the doctor that you are COVID positive and follow their instructions.
- Call 911 if it is an emergency. Tell them you are COVID positive.

You can return to work when all of these are true

- It has been 10 days from the start of symptoms
- They have not had a fever for one day without the help of medicine
- Cough and shortness of breath have significantly improved

Complete the “Inform Your Contacts” Form

- Help slow the spread of COVID-19 by notifying people who may have been exposed.
- The Department of Public Health can help you inform contacts.

Thank you so much for your cooperation. You can also find additional information about COVID-19 on our website at www.maderacounty.com/covid19. If you have any questions or concerns please call the information line (559) 675-7893.

Instructions for household members are on the reverse side.
COVID-19 Quarantine Instructions

Since you have been exposed to a household member with COVID, you are now in quarantine.

You can return to work/school after 14 days from the date of last exposure.
- If you are within 6 feet of the COVID positive household member without masks on for 10-15 minutes or more, you have been re-exposed and your 14-day quarantine must start over.

Rules of Quarantine
- If possible, stay home. You can telework if offered by your employer/school.
- If you are an essential employee, you can go to your place of work while on quarantine but you must follow these rules:
  - You need to be at least 6 feet from others whenever possible.
  - You must wear a mask anytime they are in a room with another person.
  - You need to regularly wash/sanitize your hands.
  - Equipment and surfaces you use need to be sanitized before others can use it.

If you get symptoms of COVID during quarantine

You must isolate and cannot go to work/school.

COVID-19 symptoms are similar to the flu and involve fever, coughing, shortness of breath or difficulty breathing, chills, repeated shaking with chills, fatigue, muscle pain, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or new loss of taste or smell.

Symptoms can be mild or severe. Those who have COVID-19 can have fever, cough, and difficulty breathing. People who are very ill with COVID-19 can have pneumonia.

You can return to work/school when all of these are true:
- It has been 10 days from the start of symptoms
- They have not had a fever for one day without the help of medicine
- Cough and shortness of breath have significantly improved