



Home Isolation Instructions for People with Coronavirus-2019 (COVID-19) Infection

The following instructions are for people who have or are likely to have COVID-19.

You are being ordered to self isolate either because you have had a positive test for COVID-19 **OR** a healthcare provider felt you could have COVID-19 based on your symptoms. Even if you have not received a positive test for COVID-19, if you are experiencing cold and flu-like symptoms, it is possible that you are infected. Conversely, even if you are not experiencing symptoms, but have received a positive test for COVID-19, you could spread the virus to others.

You must self-isolate for at least 10 days after your first symptoms appeared *and* at least 3 days (72 hours) after your fever is gone without the use of fever-reducing medications, and your other symptoms have improved. If you never had symptoms, then you must self isolate for 10 days from the date of your positive test.

Follow the steps below to help prevent spreading the disease.

Notify close contacts immediately

- You must notify close contacts that they have been exposed, that it is possible they will get COVID-19, and that they must self-quarantine.
- Close contacts include those who you live with, intimate partners, caregivers, and anyone else who you have been within 6 feet of for more than 10 minutes since 48 hours before your symptoms started or while you were symptomatic.
- Close contacts must self-quarantine even if they feel well because it can take 2–14 days for symptoms to show and they could be contagious during that time.
- Close contacts should refer to [Home Quarantine Instructions for Close Contacts to People with Coronavirus Disease 2019 \(COVID-19\)](#) at www.LongBeach.gov/COVID19.

Stay home except to get medical care

- Do not go to work, school, or public areas.
- If you must leave home while you are sick, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, leave the windows down and wear a face covering.
- If possible, have someone deliver food and other necessities. They should leave items at your door. If you need to meet someone at your door, wear a face covering.

Separate yourself from other people in your home

- Stay in a specific room and away from other people in your home as much as possible.
 - Try to stay at least 6 feet from others, including children if possible.
 - This is particularly important if you live with people at high risk of serious illness. Consider alternative living arrangements for them, if possible.
- Use a separate bathroom. If this is not possible, clean the bathroom after use.
- Open windows or use a fan or an air conditioner in shared spaces in the home, if possible, to ensure good airflow.
- Do not allow visitors and limit the number of people coming and going from your home.
- Do not handle pets or other animals while you are sick.
- Do not prepare or serve food to others.

If you are not able to separate yourself from other people in your home

- Caregivers and those you live with should stay at least 6 feet away from you.
- Caregivers and those you live with should wear a face covering and gloves when they
 - Cannot stay at least 6 feet away from you
 - Clean your room or bathroom
 - Will likely come into contact with your body fluids, and/or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea).

Wear a face covering when you are around others

- Wear a face covering when you are around other people or pets, and before you enter a hospital or doctor's office.
- If you are not able to wear a face covering (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you.
- Children under 2 years and anyone unable to remove the face covering on their own should not wear one.
- General information about face coverings
 - Face coverings should be worn over your nose *and* mouth.
 - Removal procedure: Remove and dispose of gloves (if applicable), wash your hands, remove and dispose of your face covering, then wash your hands again.
- View additional guidance for face coverings

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.
- Immediately wash your hands after.

Avoid sharing personal household items

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

Clean your hands often

- Wash your hands often and thoroughly, especially after blowing your nose, coughing, sneezing, or going to the bathroom, and before eating or preparing food.
- Use soap and water for at least 20 seconds.
- If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if your hands are visibly dirty.

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, according to the product label instructions.
- See cleaning instructions in [Preventing the Spread of Respiratory Illness in the Home](#) on the Long Beach COVID-19 website.

Will the Health Department notify my workplace or school?

- The Health Department will not notify or release any personal information about you to your workplace or school unless it is necessary to do so to protect your health or the health of others. The Health Department will provide a note to excuse your absence from school or work if you need one.

Home Care for People with Symptoms Resembling COVID-19

This guidance provides home care instructions for people with symptoms of COVID-19 which include Cough, Shortness of breath or difficulty breathing, Fever, Chills, Repeated shaking with chills, Muscle pain, Headache, Sore throat, or New loss of taste or smell. Many people with COVID-19 have only mild illness and will get better at home so they do not need to see a doctor.

There is no specific treatment for the virus that causes COVID-19. Here are steps that you can take to help you get better:

- Rest
- Drink plenty of fluids
- Take acetaminophen (Tylenol®) to reduce fever and pain.
 - Note that children younger than age 2 should not be given any over-the-counter cold medications without first speaking with a doctor.
 - Note that these medicines do not “cure” the illness and do not stop you from spreading germs.

When to seek medical care

- If you develop any of these emergency warning signs* for COVID-19, get medical attention immediately:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face
- *This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you. Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.
- **Call ahead before visiting your doctor:** You may be able to get advice by phone, including discussing with your doctor if you need to be examined or tested.
 - If you do visit a healthcare facility, put on a face covering before you enter to protect others from catching the infection from you.
 - If you do not have a healthcare provider or insurance, contact our Info Line at (562) 570-INFO (4636).

More information

Visit the City of Long Beach COVID-19 website www.LongBeach.gov/COVID19 for more information. Call your health care provider for any questions related to your health. If you do not have a healthcare provider or insurance, contact our Info Line at (562)570-INFO (4636).