



COUNTY OF SANTA CRUZ



SERVING THE COMMUNITY~WORKING FOR THE FUTURE

COVID-19 Self-Quarantine and Self-Isolation Instructions for Patients

ADAPTED FROM INFORMATION FROM WWW.CDC.GOV

If you have questions, please call:

Communicable Disease Unit

831-454-4242

Current Hours

Monday - Friday: 8:00 am- 5:00 pm

How to use this Patient Booklet

Please use this booklet as a guide to understand what you need to do if you have been exposed to someone who has COVID-19. Any one who has close contact with a person who has COVID-19 needs to take careful steps to monitor their health.

If we work together and follow the directions in this booklet, we can reduce the impact of COVID-19 on our community.

Terms to Understand

COVID-19:

A Novel Coronavirus identified in 2019 that can cause mild to severe respiratory illness. Symptoms include fever, chills, cough, shortness of breath or difficulty breathing, headache, sore throat, body aches, fatigue, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea.

Self-Quarantine:

When you are separated and asked to stay home because you have been exposed to someone who has COVID-19.

During this time you may develop symptoms, so it is important to stay home.

Self-Isolation:

Isolation is used to separate someone who is sick from COVID-19 from healthy people. This helps limit the spread of COVID-19 to other members of a family or the community. Someone in isolation cannot leave their home until their healthcare provider says it is ok to leave.

Confirmed Case:

A person who has been diagnosed with COVID-19.

Close Contact:

When you have been exposed to someone with COVID-19, while they are contagious and neither of you was wearing proper protective equipment (medical grade face mask, gloves, and gown). **Homemade cloth masks do not protect against close contact.

When have you been in close contact?

- When you are less than 6 feet from someone with COVID-19 for more than 15 minutes.
- When you have had contact with the saliva from a person who has COVID-19. For example, if someone sneezes or coughs on you or if you share cups, plates, and utensils.

Physical Distancing:

Keeping 6 feet of distance between you and another person to avoid getting COVID-19 or giving it to someone else.

Instructions for Self-Quarantine under COVID-19

You will be asked to self-quarantine if you are a close contact of a person who has COVID-19 and you do NOT have symptoms.

You will be in self-quarantine for **14 days** from last exposure. A healthcare provider will tell you when you can come off self-quarantine.

Stay at home.

Cancel all travel.

Do not go to work. Do not go to school. Avoid crowded public spaces. Remain at home as much as possible. Do not use public transportation or ride sharing.



Going for walks is OK. Practice social distancing AND wear a face covering when you are out walking.



Wash your hands and disinfect common areas.

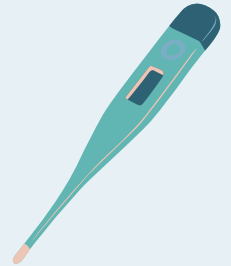
Clean your hands often for 20 seconds with soap and warm water.



Disinfect common areas.

Check your temperature.

Check your temperature at least two times a day and record in the Symptoms and Temperature Log.



Monitor your symptoms.

Record your symptoms in the Symptoms and Temperature Log. (Log sheets are included in this booklet).



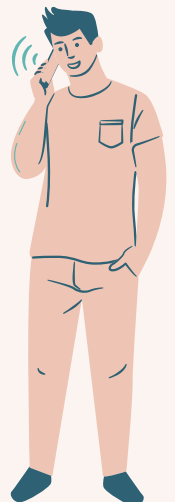
Plan for support.

Friends and family can help bring you food and supplies, but they cannot come into your home.



Call your doctor or hospital before visiting.

Reschedule any non-urgent appointments. If you need to see a healthcare provider, please let the office staff know that you are on Self-Quarantine.





Call your healthcare provider if you develop symptoms while under self-quarantine



- **Fever of 100.4°F or higher.**

- **Chills**

- **Shortness of Breath or Difficulty Breathing**

- **Headache**

- **Muscle or Body Aches**

- **Fatigue**

- **New loss of taste or smell**

- **Nausea or vomiting**

- **Congestion or runny nose**

- **Sore Throat**

- **Diarrhea**



Let your healthcare provider know that you were exposed to a confirmed case of COVID-19 and that you developed symptoms while in self-quarantine.

Always call ahead before seeking medical attention in person.

You will be asked to self-isolate for these reasons:

- You are a confirmed case of COVID-19.
- You began to have symptoms of COVID-19 while you were on Self-Quarantine.

You will be in self-isolation until your healthcare provider lets you know when you can come out of self-isolation.

Instructions for Self-Isolation under COVID-19

Stay at home.

Cancel all travel.

Do not go to work. Do not go to school. **Do not leave your house until your healthcare provider has cleared you from isolation.**



Wash your hands and disinfect common areas.

Practice good hand hygiene by washing your hands with soap and water.



Check your temperature.

Check your temperature at least two times a day and record on Symptoms and Temperature Log.



Watch for other symptoms.

COVID-19 symptoms include cough, difficulty breathing, fever, headache, body aches, fatigue, and others. Record your symptoms in the Symptoms and Temperature Log.



Stay in your own room

Stay in your own room, if possible. Wear a face mask if you have to be around other people in your home.

If possible, use your own toilet and bathroom as well.



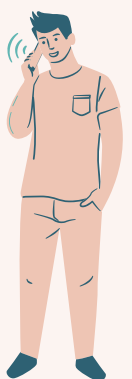
Plan for support.

Friends and family can help bring you food and supplies, **but they cannot come into your home.**



Call your doctor or hospital before visiting.

Reschedule any non-urgent appointments. If you need to see a healthcare provider or receive urgent outpatient care, **please let them know that you are Self-Isolating for confirmed COVID-19.**



Disinfecting your home if someone is sick.



For more information, go to www.santacruzhealth.org/coronavirus.

Clean and disinfect often

- Use soap and water.
- Clean frequently touched surfaces like Tables, doorknobs, light switches, counters, handles, phones, desks, toilets, keyboards, and faucets.



Wash your hands often.

- Use soap and warm water.
- Rub for at least 20 seconds.
- Wash hands right after removing gloves
- Wash hands after caring for a person with COVID-19.



Doing laundry.

- Wear disposable gloves.
- Wash hands with soap and water after taking off gloves.
- Do not shake out dirt laundry.
- Dirty laundry from the sick person CAN be washed with other items.
- Clean and disinfect hampers.

Taking out the trash.

- Have a separate lined trash can for items used by the person who is ill.
- Use gloves when removing trash.
- Wash hands after taking out trash.



Preparing food.

- The person who is sick with COVID-19 should eat (or be fed) in their own room, if possible.
- Wash their dishes, cups, forks, knives, and spoons using gloves and hot water or in a dishwasher.
- Disinfect any trays or tables used for a meal.



How to Disinfect.

- Use diluted household bleach solutions:
 - 5 Tablespoons bleach into 1 gallon of water
- Alcohol solutions with at least 70 % alcohol
- Wear gloves while cleaning and throw them out after cleaning.
- Open doors or windows to ventilate rooms while disinfecting.
- Follow instructions on the label to ensure safe and effective use of the product.





How to take your temperature

You will need a thermometer that works. If you do not have one, let your healthcare provider know.

Important: Do not eat or drink or exercise for 30 min before taking your temperature. If you have taken medications to lower your temperature (acetaminophen, aspirin, ibuprofen) wait at least 3 hours to take your temperature.



Turn on the thermometer by pressing the button near the screen. Zero out the thermometer before each use.

Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer. Instead, close your mouth and lips around it to hold it tight.

Read your temperature on the screen. **If you have temperature of 100.4° F or higher, you have a fever.**

Write your temperature in the Symptoms Log.

Clean and sterilize your thermometer with soap and water and dry it well between each use.

For Infants and Young Children: For infants and children younger than 4 years old, use a child's thermometer, like an ear thermometer. If you do not have one, use a regular thermometer and place it in the center of the child's armpit. **When the temperature is taken in the armpit, a temperature of 99.4° F means the child has a fever.** Please let your healthcare provider know that you took the temperature in the armpit.



Symptoms and Temperature Log



Please fill out this form to share with your healthcare provider. This will help to decide when you are done with self-quarantine or self-isolation. Circle the symptoms you notice.

Date of Symptoms	Temperature °F	Symptoms			Notes
	AM: PM:	<ul style="list-style-type: none"> • No Symptoms • Felt Feverish • Chills • Cough: - Getting Worse - Getting Better • Shortness of Breath 	<ul style="list-style-type: none"> • Sore Throat • Muscle Aches • Abdominal Pain • Diarrhea: ___times/day • Vomiting__ 	<ul style="list-style-type: none"> • Headache • New loss of taste or smell • Congestion or runny nose • Other _____ 	
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General Contact Information



Centers for Disease Control



www.cdc.gov/coronavirus

For up to date information
and recommendations on
COVID-19

California Department of Public Health (CDPH)



www.cdph.ca.gov

Santa Cruz County Public Health Department



www.santacruzhealth.org/coronavirus

Santa Cruz County Public Health Communicable Disease Unit

Call

831-454-4114

Hours:

Monday - Sunday: 8:00 am - 5:00 pm
(Extended hours for COVID-19 response)



Information on local resources for food
banks, medical care, and support services

www.211santacruzcounty.org or
Text "covid19" to 211211

Santa Cruz Office for Economic Development

Information for business owners
regarding
COVID-19 relief and resources

831-454-2100

www.sccvitality.org

Mental Health Tips for Coronavirus COVID-19

Keep a routine

As much as possible, stick to routines that worked for you before.

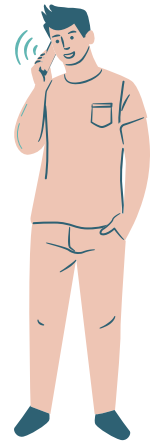
- Make a schedule together with your family.
- Make sure to schedule healthy meals.
- Include time outside for a walk or hike. Keep 6 feet apart from others.



Stay Connected

Call or video chat with at least one person every day.

- Say, “Hi” to neighbors.
- Join an online group or meeting. Many groups have meetings that are easy to join from a computer or smart phone.
- Read the Mental Health Resource List (other side) and call or check a website for more information.



Relax

It is common to worry about your health, family and money. Worrying constantly will not make anything better.

- Give yourself permission to take a break.



Keep Balance

Balance your time keeping up with the news with activities that calm you.

- Try to leave the phone at home or on silent for a few minutes.
- Take a walk or sit outside and just breathe.

Small adjustments can go a long way to greater peace and calm.



Have Fun

Laughter is good medicine! The situation is very serious, but finding humor along the way will improve your mood.

- “Movie therapy,” especially a good comedy, can leave you feeling a little lighter.
- Turn up music and dance or sing.



For more information call 2-1-1.



County of Santa Cruz Mental Health Resources

Santa Cruz Behavioral Health Crisis Stabilization Program

24-Hour Hotline: **831-600-2800**
2250 Soquel Drive, Santa Cruz
24-hour emergency response for people experiencing a mental health crisis. Anyone can call directly. They do not need to talk with a doctor first.

County of Santa Cruz Behavioral Health

24-Hour Hotline: **800-952-2335**
For anyone interested in behavioral health services. A clinician can talk to you about a variety of options available in Santa Cruz County.

National Alliance on Mental Illness (NAMI) namiscc.org

Help Line: **831-427-8020 x 7**
Español: **831-205-7074**
Administrative Office: (831) 824-0406
Information for consumers and their family members.

Psychology Today psychologytoday.com

Many therapists now offer computer or phone appointments.

California Peer Run Hotline 1-855-845-7415

This Peer-Run Hotline provides non-emergency resources for anyone in California seeking emotional support.

Suicide Prevention Crisis Line

for Santa Cruz, San Benito, & Monterey counties:
24-hour Hotline: **1-877-663-5433, 1-877-ONE-LIFE**
24-hour National Hotline: **1-800-273-8255**

2-1-1

24-hour help line: **Dial 2-1-1**
Text your zip code to: 898-211
For Coronavirus information, text "**COVID19**" to **211211**
211santacruzcounty.org
Free service to connect people with health information and social services.

Santa Cruz County Senior Network Services 831-462-1433

Recovery Groups

12-Step groups like AA, NA, Al-Anon and others have set up online and phone groups. Check on each program's website for more detail, or call 2-1-1.

Smart Recovery SmartRecovery.org

Science-based recovery, online groups and support.

Refuge Recovery RefugeRecovery.org

Mindfulness-based online groups and support.

Spiritual/Religious

Many faith-based communities (churches, synagogues, temples, etc.) now have online worship, meditation or spiritual practice. Call or check their websites for more information.

