



# Instructions for Home Isolation and Health Monitoring

For people with COVID-19

You have tested positive for COVID-19. You will need to stay in your home until you are well. This is called 'home isolation.' When you are able to leave your home depends on your symptoms.

If your employer requests confirmation that you have completed the isolation period, please complete and turn in to your employer the self-attestation form at: <https://bit.ly/EnglishAttestation>.

**If you have mild symptoms, stay at home for at least 10 days after your symptoms began.**

- If you still have cough and fever after 10 days, continue to stay at home until 24 hours after:
  - \* fever has gone away (without using a fever-reducing medication like Tylenol or ibuprofen) AND
  - \* your symptoms like cough, body aches, sore throat, have improved.
- After this time, you will no longer need to be isolated.

**If you tested positive, but did not have any symptoms at the time of testing:**

- You should remain in isolation for 10 days from the date the test was performed.
  - \* During this time, you should also monitor yourself for symptoms. If any symptoms develop during this time, you should remain in isolation as noted above.

**The following are some preventative steps you can take to help reduce the spread of COVID19 in your community and household.**

- Protect the Public:
  - \* Stay home except to see your doctor. Reschedule any non-essential healthcare appointments (non-urgent doctor's appointments, dentist appointments, etc.).
  - \* Do not go to work or school.
  - \* Do not use public transportation (like YoloBus, Taxi, UBER, LYFT)
  - \* Do not travel.
  - \* Do not 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).
- Protect your family:
  - \* Cover your coughs and sneezes, use tissues and throw them away immediately.
  - \* You and your family should wash hands frequently using soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.

If you have any concerns or questions, please call your primary care doctor first. You can also call the Yolo County COVID-19 Response Operations Center Line at: (833) 965-6268 (833-YOLOCOV).