

GUIDANCE FOR CLOSE CONTACTS OF INDIVIDUALS DIAGNOSED WITH CONFIRMED (COVID-19) CORONAVIRUS DISEASE

SOLANO PUBLIC HEALTH | OCT 2020

If you have been identified as a **close contact to a confirmed novel coronavirus case**, it is possible that you will develop symptoms sometime in the 14 days after your last exposure to that person. It is also possible you will become infected but show no symptoms of illness.

A. Home Quarantine for People in High-Risk Settings

Here are the guidelines for individuals in high-risk settings who live in a household with or had close contact (more than 15 minutes with less than 6-foot distance without wearing any surgical or cloth face mask) with someone diagnosed with COVID-19. Individuals in high-risk settings are required to **quarantine for 14 days after the last date of exposure**.

It is important to separate yourself as much as possible, even if you do not have any symptoms, because you may still be infected and capable of transmitting the virus to others.

Which settings are considered high-risk?

High-risk settings include schools, long-term care facilities, skilled nursing facilities, assisted living, memory care, jails, prisons, board and care, home health care, dialysis centers and homeless shelters.

What are the steps to quarantining?

- Monitor your own health daily for symptoms until **14 days after your last date of exposure**.
 - Symptoms include fever over 100.4F, chills, rigors, runny nose, sore throat, cough, shortness of breath, muscle aches, headache, loss of smell, loss of taste, nausea, vomiting, abdominal pain, or diarrhea.
- Stay at home and do not go to work. You can return to work only after you have been cleared by Solano Public Health. Keep at least 6 feet away from other people at all times.
- Do not have visitors in your home.
- If possible, sleep alone in a room that has a window with good airflow.
- If possible, use a separate bathroom. If you can't, clean the bathroom's high-touch surfaces after each use.
- You should use your own plate, bowl, and utensils – do not share these or food with anyone.
- Do not hug or kiss others in your household.
- Avoid sharing other personal household items (combs, toothbrush, cups, sheets/blankets etc).
- Wash your laundry separately with detergent; bleach can be used but is not needed.
- If you later develop symptoms, you should call your provider for treatment guidance. Let them know you were exposed to someone with COVID-19. Also, if you later develop symptoms, you should isolate yourself from others, including people you live with, for 10 days after your symptoms first appeared.
- If you are unable to avoid close contact with the person with COVID-19, you must stay in quarantine for 14 days after that person has completed their self-isolation.

How can I return to work after completing home quarantine?

- If you work or live in a high-risk **congregate** setting, you are **required** to get tested on or after the 14th day after the last date of exposure to the case, even if you tested negative previously. You can return to work only after testing negative. If you attend or work at a school, it is highly recommended on or after the 14th day after the last date of exposure.
- If you work at a skilled nursing facility or memory care, Solano Public Health will need to provide you with clearance before going back to work.

B. When You Start to Develop Symptoms

- If you start to develop symptoms, you will need to remain at home for **10 days** after your symptoms first started. This is because you are infectious for up to ten days after your symptoms first appeared and can infect others you come in close contact with. Do not go out in public or go to work when you are infectious.
- If you are severely* or critically ill* or have conditions that severely compromise their immune system**, you are considered contagious for **20 days** after first symptoms first appeared and 24 hours have passed since they had a fever without taking a fever-reducing medication (for those with no symptoms, 20 days after being swabbed or tested).

* *Severe illness* – individuals with respiratory frequency >30 breaths/min, saturation of oxygen (SpO₂)<94% on room air at sea level (or, for patients with chronic hypoxemia, a decrease from baseline of >3%), ratio of arterial pressure of oxygen to fraction of inspired oxygen (PaO₂/FiO₂)<300mmHG, of lung infiltrates >50%.

* *Critical illness* – individuals with respiratory failure, septic shock and/or multiple organ dysfunction.

** *Severely immunocompromised* – individuals who are on chemotherapy for cancer, have untreated HIV infection with CD4 T lymphocyte count <200, have combined primary immunodeficiency disorder or are on prednisone>20mg/day for more than 14 days. Ultimately, the degree of immunocompromise for the patient is determined by the treating provider.

- If you are concerned, and/or start to develop symptoms, you can schedule COVID-19 testing with your healthcare provider, with OptumServe through lhi.care/covidtesting or by calling 888-634-1123. Additional community testing sites can be found in the Solano Public Health page: www.bit.ly/solanotestingsites

C. Social Distancing Practices

Please follow the following practices to prevent the spread of coronavirus in our community:

- Cover your mouth with tissue when coughing or sneezing and throw the tissue away.
- Wash your hands frequently throughout the day with soap and water for at least 20 seconds, especially:
 - Before and after preparing food for yourself (do not prepare food for others)
 - Before and after eating
 - After going to the bathroom
 - After sneezing, blowing your nose, or touching your face
- Wipe down surfaces that you touch frequently with disposable cloths using bleach if possible or household cleaners. Your bathrooms should be cleaned every day using a household disinfectant. Wear gloves while cleaning if possible.