



Napa County Public Health

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

**For questions about your case call the Public
Health Line at: 707-253-4270**

**For general questions please call the Coronavirus
information line at: 707-253-4540**

Adapted from www.cdc.gov and
Santa Cruz County Public Health Department



A Tradition of Stewardship
A Commitment to Service

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, cough, shortness of breath, headache, sore throat, and body aches.

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 public health nurse or medical provider says it is okay 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 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.

Public Health Nurse

PH nurses are overseeing and managing cases for individuals in isolation and quarantine with a team of contact tracers and case investigators.

Social 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 at least 14 days from last exposure. A public health nurse or medical provider will tell you when you can come off self-quarantine.

Stay 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.



Wash your hands and disinfect common areas

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

Clean and disinfect common areas frequently. Avoid touching your face with unwashed hands.



Plan for Support

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



Check your temperature

Check your temperature at least two times a day and record in the Symptom Monitoring Log and monitor your health.



Do not share household items

(dishes, cups, utensils, towels, bedding) and wash them thoroughly with soap and water. Laundry may be washed in a washing machine with warm water and detergent; bleach may be added but is not

necessary.



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 doctor or Napa County Public Health if you develop Symptoms while under quarantine.

Let your 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.



Fever
Over 100.4 F

You develop a cough, or your existing cough worsens all of a sudden.



Shortness of Breath

Instructions for Self-Isolation under COVID-19

You are in self-isolation 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 public health nurse or medical provider lets you know when you can come out of self-isolation.

Stay Home

Cancel all travel.

Do not go to work. Do not go to school. Do NOT leave your house until your Public Health Nurse has cleared you from Isolation and rescinded isolation orders.



Wash your hands and disinfect common areas

Clean your hands often for 20 seconds with soap and warm water. Clean and disinfect common areas frequently.



Plan for Support

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



Check your temperature

Check your temperature at least two times a day and record in the Symptom Monitoring Log and monitor for worsening symptoms.



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

Do not share eating utensils or bedding. Clothes/bedding can be washed in the washing machine in warm water.



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 **Self-Isolating for confirmed COVID-19.**



Disinfecting your home if you are sick



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.
- Avoid touching your face and other people with unwashed hands.

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 any clothes and surfaces that may come in contact with body fluids, blood, or stool
- Clean and disinfect hampers.

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.

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.

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 public health nurse or medical provider know that you took the temperature in the armpit.



If you do not have a thermometer, use your daily symptom tracking form to mark the times of day that you feel warm/feverish and talk to Public Health about your symptoms.

Resources and Information

**Napa County
Public Health
707-253-4270
M-F, 8-5pm**



COMMUNITY RESOURCES AND INFORMATION

[ReadyNapaCounty.org](https://www.ReadyNapaCounty.org)

[Countyofnapa.org/coronavirus](https://www.Countyofnapa.org/coronavirus)

Information Line: 707-253-4540 (M-F, 8-5)

State Resources and information:

- State COVID-19 Website: <https://covid19.ca.gov/>
- COVID-19 hotline: 1-833-422-4255 M-F 8AM-8PM, Sa-Su 8AM-5PM
- Centers for Disease Control: [CDC.gov/coronavirus](https://www.CDC.gov/coronavirus)
- California Department of Public Health: [cdph.ca.gov](https://www.cdph.ca.gov)

Mental Health Tips

TO PROMOTE WELLNESS

For information about mental health services call 707-253-4540 or visit readynapacounty.org/mentalhealth



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.
- Visit our local mental health resources online or call for more information (more info below).

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.

