

Quarantine and Isolation Directions

Symptoms of the subject disease and course of treatment:

These symptoms may appear 2-14 days after exposure: fever of 100.4 degrees Fahrenheit or above, cough, shortness of breath, and/or a sudden loss of taste or smell. Follow your medical provider's directions for course of treatment. Emergency warning signs for COVID-19 require medical attention immediately. Emergency warning signs include: trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse and bluish lips or face. Consult your medical provider for any other symptoms that are severe or concerning.

Instructions on the disinfecting or disposal of any personal property;

Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. Clean hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
 - Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
 - Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water or
 - 4 teaspoons bleach per quart of water
 - Products with EPA-approved emerging viral pathogen claims <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2> are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).
- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
 - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water

setting for the items and dry items completely, or Use products with the EPA-approved emerging viral pathogens claims (examples at this link <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf> that are suitable for porous surfaces.

Clothing, towels, linens and other items that go in the laundry

- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. Clean hands immediately after gloves are removed.
 - If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
 - If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
 - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
 - Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

Precautions to prevent the spread of the subject disease;

Stay home except to get medical care.

- Stay home: People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation

- Stay away from others: As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people.
 - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.

- o When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.

Call ahead before visiting your doctor

- Call ahead: If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

Cover your coughs and sneezes

- Cover: Cover your mouth and nose with a tissue when you cough or sneeze.
- Dispose: Throw used tissues in a lined trash can.
- Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

- Wash hands: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water: Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

- Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

- Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all "high-touch" surfaces everyday

You have a right to an independent medical exam at your own expense.

Provisions to ensure and monitor compliance;

Self-monitor twice daily for fever and other symptoms listed above for fourteen days. Coordinate with your health care provider and local public health department.

Definitions:

Close contact: an individual who has been within 6 feet (2 meters) of a person who tested positive or someone with the following symptoms : fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath, for at least 15 minutes. Except that, contact with a person who exhibits the above symptoms whom later tests negative for COVID-19 or later receives an alternative diagnosis (influenza, allergies, or other chronic condition) does **NOT** constitute close contact.

Quarantine: persons with exposure to someone who tested positive or someone with the following symptoms: fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath, should remove themselves from situations where others could be exposed/infected, and self-monitor for symptom development.

Isolation: persons who have tested positive or who develop symptoms consistent with COVID-19 (fever of 100.4 F. or above, or a sudden onset of a cough or sudden onset of shortness of breath) should eliminate contact with others.

Isolation Directions:

Individuals who tested positive for COVID-19 who have symptoms or had the following symptoms: fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath or a sudden loss of taste or smell, may discontinue isolation under the following conditions:

- at least ten (10) days* have passed since onset of symptoms **AND**
- symptoms have improved **AND**
- the individual has been fever-free for at least 24 hours without the use of fever-reducing medication.

*For patients with severe illness or are severely immunocompromised this length of time may need to be extended. Please consult your health care provider or local health department for further guidance on those situations.

Individuals who tested positive for COVID-19 and do NOT have symptoms may discontinue isolation under the following conditions:

- at least ten (10) days have passed since the date of their 1st positive test **AND**
- have had no symptom development **AND**
- for 3 days following discontinuation of isolation, these people must continue to limit contact (stay 6 feet away from others) and when possible wear a face covering (such as a bandana or cloth mask).

Quarantine Directions:

Individuals who have had close contact with a person whom has tested positive or a person whom has a test pending and is symptomatic or a person with one or more of the following symptoms: fever of 100.4 F. or above or sudden onset of a cough or sudden onset of shortness of breath or a sudden loss of taste or smell, may discontinue quarantine under the following conditions:

- at least 14 days have passed since the last close contact exposure with positive individual or individual with symptoms listed above **AND**
- have had no symptom development

For pre-K-12 teachers, para-educators and other certificated and non-certificated staff employed by schools and ESUs (Educational Workers); who have had close contact with a person whom has tested positive, or has had close contact with a person whom has a test pending and is symptomatic, or has had close contact with a person whom has one or more of the following symptoms: fever of 100.4 F or above or sudden onset of a cough or sudden onset of shortness of breath or sudden loss of taste or smell, Educational Workers may meet the following Conditions while performing their duties of their employment with schools and ESUs In Lieu of Quarantine*:

- appropriately wear a face covering or mask for 14 days following exposure **AND**
- practice social distancing **AND**
- self-monitor twice daily for fever and other symptoms listed above for fourteen days and have no symptom development

Please consult your local health department for further COVID-19 guidance on each situation. Schools should also perform and document temperature and symptom checks prior to starting work each day and retain documentation for local health departments.

*If symptom development occurs within the 14 day quarantine period or Conditions In Lieu of Quarantine, please refer to Isolation instructions.