

Dallas County COVID-19: Self-Quarantine, Self-Isolation, and Self-Monitoring Guidance

This guidance is intended for:

- People with confirmed or suspected COVID-19, who do not need to be hospitalized and who can receive care at home.
- Household members, intimate partners, and caregivers in a non-healthcare setting of a person with symptomatic, laboratory-confirmed COVID-19.

Assume personal responsibility – Public health guidance cannot anticipate every unique situation. If you have confirmed COVID-19 infection, please follow the guidance below until you are directed to return to your normal activities. If you are being evaluated for COVID-19, you should follow the prevention steps until your healthcare provider informs you of your test result.

Residents must take actions based on common sense, and follow the guidance offered by health care experts. Please cooperate with local public health and health care professionals who may reach out to you as part of contact tracing efforts to protect those around you.

Steps for PEOPLE with confirmed or suspected COVID-19:

Stay home

- Stay at home except to get medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis.
- If you have COVID-19 you must isolate for a TOTAL of 10 days from the onset of your symptoms AND you must be without fever for 3 days (without using medicines to reduce the fever) AND with other symptoms improving.

Separate yourself from other people in your home

- As much as possible, you should stay in a different room from other people in your home. You should also use a separate bathroom, if available.

Wear a facemask

- Wear a facemask when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room as you.

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue (or into your upper sleeve) when you cough or sneeze. Dispose of used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds (or use alcohol-based hand sanitizer).

Wash your hands

- Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available and your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing household items

- You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

Clean and disinfect

- You should clean and disinfect frequently touched surfaces to include kitchens, bathrooms, door-knobs, countertops, etc.

Monitor yourself for severe symptoms

- Symptoms of COVID-19 are fever (100°F or greater), cough, new loss of taste or smell, and shortness of breath/difficulty breathing
- Call your doctor, provider or 911 right away if your illness is getting worse, for example if you are having difficulty breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face or other symptoms that are severe.
- Before going to your appointment or the emergency room, call ahead and tell them you have COVID-19 so they can take steps to keep other people from getting infected.
- Other symptoms can include a combination of two or more of the following: chills, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. If you develop symptoms, follow the prevention steps described above, and call your healthcare provider as soon as possible.

Recommended precautions for HOUSEHOLD MEMBERS or others who may have close contact with people with confirmed or suspected COVID-19:

Monitor yourself for severe symptoms

- Monitor your health starting from the last day you had contact with the person and continue for 14 days.
- Watch for these signs and symptoms:
 - Fever (100°F or greater). Take your temperature twice a day.
 - Cough
 - Shortness of breath
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home and restrict pets from access to the patient as much as possible.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (that contains at least 60% alcohol).
- Avoid touching your eyes, nose, and mouth with unwashed hands.

If you are taking care of a family member who has tested positive for COVID-19:

- Continue extra care for 10 days after symptom onset AND until the person has been without a fever without the use of medication for 3 days.

- Make sure that you can understand and can help the patient follow their healthcare provider's instructions for medication(s) and care.
- Both you and the sick patient should wear a mask at all times when in the same room.
- Wash your hands or clean with alcohol hand sanitizer after each contact with the person with COVID or their environment.
- Keep the person in a separate room while isolated if possible. Have them use a separate bathroom.
- Help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19.
- Limit contact with the person with COVID-19.
- Throw out, and do not reuse, disposable facemasks and gloves after using them. Wash reusable face masks often.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly.
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
- Wash laundry thoroughly.