



DIRECTIONS WHILE WAITING FOR YOUR COVID-19 TEST RESULTS

Due to the high volume of people being tested across California, it may take several days before your test result is available. This sheet provides instructions on what to do while you are waiting for your test results. The instructions depend on whether you have symptoms of COVID-19 and whether you have been exposed to someone with COVID-19.

If you have **symptoms** of coronavirus (fever, cough, difficulty breathing, headache, body aches, sore throat, nasal congestion or runny nose, loss of taste or smell, nausea, vomiting, or diarrhea), **STAY HOME** and away from other people in your household until you receive your test result. Wear a face covering at home if you can't stay 6 feet away from people you live with. **DO NOT** go to work, run errands, or visit in-person with others.

If you **don't have symptoms but you know you have been exposed** to someone with coronavirus, **STAY HOME** and away from other people in your household until you receive your test result. Wear a face covering at home if you can't stay 6 feet away from people you live with. **DO NOT** go to work, run errands, or visit in-person with others. If you were within 6 feet of an infected person for 15 minutes or more or came into contact with their secretions (coughed on, kissed, shared food or drink, or similar), you need to stay home under quarantine for 14 days after your exposure even if your test result is



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negative. This is because the virus that causes COVID-19 can take up to 14 days to make someone sick after they are exposed. If your test result comes back negative but you developed symptoms since you got tested, you need to get tested again. A negative test only means that you were not infected at the time you were tested; it does not mean that you aren't infected now. Please follow the attached instructions (*Home Quarantine Instructions for Close Contacts to Coronavirus Disease*) for your 14-day quarantine period.

If you **don't have symptoms and don't have any known exposure** to someone with coronavirus, you do not need to stay home while waiting for your test result. You should take your temperature and monitor yourself for symptoms every day. If you develop any symptoms, **STAY HOME**. If your test result comes back negative but you developed symptoms after you got tested, you need to get tested again. A negative test only means that you were not infected at the time you were tested; it does not mean that you aren't infected now.

If you test positive and you live in El Dorado County, someone from El Dorado County Public Health will contact you by phone. It may take a couple of days after you get your positive result for Public Health to call you due to delayed reporting by labs and the large volume of positive tests to follow up on. If you get a positive result, please follow the attached isolation instructions (*Isolation Instructions for Persons who have COVID-19 Infection*).



HOME QUARANTINE INSTRUCTIONS FOR CLOSE CONTACTS TO CORONAVIRUS DISEASE (COVID-19)

The following instructions are for individuals who are or have been in close contact, defined as less than 6 feet and more than 15 minutes of interaction with a person who tested positive for the COVID-19 virus or is clinically diagnosed as being infected. If you are a healthcare worker or first responder, please refer to specific guidance from your employer or public health professionals.

Why am I being asked to self-isolate?

You have been in close contact with someone who is infected with the virus. Though, you may feel well now, it is possible that you are also infected and have no symptoms of illness. The potential for spread of the virus to another person may occur 48 hours before an individual becomes sick. It can take 2-14 days for you to show symptoms of illness after close contact happened. You have been asked to self-isolate in case you are infected so that you do not pass on the infection to others.

How long do I need to self-isolate?

Your last day of self-isolation is 14 days from your most recent contact with the individual known to be infected. If you continue to live with and/or care for the person that is infected with the virus follow these instructions:



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- If you continue to be around or directly care for an infected individual where close contact is necessary and are not able to maintain physical distancing of 6 feet or more you must stay in quarantine for 14 days after the infected person is instructed by County Public Health personnel that isolation is no longer required. This is likely to be at least 21 days.
- If you are unsure what steps you should take contact El Dorado County Public Health at:

West Slope: (530) 621-6320

Tahoe area: (530) 573-3154

What must you do?

- Stay home. Do not go to work, school, or public areas
- Do not allow visitors and limit the number of people in your home
- Separate yourself from others in your home
 - when at all possible stay in a specific room and away from other people in your home as much as possible by using physical distancing of at least 6 feet from others
 - avoid interaction that is longer than 15 minutes when you cannot be 6 feet apart
 - stay away from people who are at higher risk of serious illness (this includes people who are age 65 and older, pregnant, or have a health problem such as chronic disease or a weak immune system)
 - Consider separate living arrangements for those persons with at greater risk of infection



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- Use a separate bathroom, if available.
 - Do not handle pets or other animals.
 - Do not prepare or serve food to others. Avoid caring for children if possible.
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- Monitor your health for signs and symptoms of COVID-19:
 - Fever (>99.5)
 - Cough
 - Shortness of breath/trouble breathing
 - Other early symptoms to watch for are sore throat, headache, diarrhea, and runny nose

 - If you develop symptoms
 - stay at home for 24 hours after your fever is completely gone (without the use of fever reducing medications; i.e. Tylenol or homeopathic preparations), your respiratory symptoms are better and it has been at least 7 days from the onset of you becoming sick
 - most people with COVID-19 will have mild illness and can get better with the proper home care and without the need to see a provider
 - monitor your symptoms closely and inform your healthcare provider early of your illness so guidance for your care can be given
 - if you are 65 years and older, pregnant, or have health conditions such as heart disease, lung disease, diabetes, kidney disease, or a weakened immune system you are at higher risk of more serious illness or complications



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- if your illness worsens do not hesitate to seek medical care promptly including call 9-1-1 in an emergency
- be sure to let your healthcare provider and/or 9-1-1 dispatch know you are a close contact to a person with confirmed COVID-19

- **Should I be Tested For COVID -19**
 - Your healthcare provider will follow CDC guidelines to determine if you meet the requirements
 - testing is generally being reserved for critically ill and particularly high risk groups
 - You do not need to be tested just to confirm infection as most persons with respiratory infection, including COVID-19, will have mild illness which can get better with home care.

Can I leave my residence to run errands?

- Travel should only be for essential purposes like medical evaluation, prescription renewal, buying of food etc. Use delivery services whenever possible during the quarantine period.
- If you have no choice but to go out for essential travel and you have no symptoms complete your errands as quick as you can, trying to go when businesses are least busy
- Wear a cloth face covering and stay at least 6 feet away from others as much as possible
- You can go on a private balcony or yard, and you can also walk outside if you stay at least 6 feet away from others.



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Should I use public transport?

- No
- If you cannot drive yourself use a cloth covering or mask over your mouth and nose and sit in the back seat of a private vehicle

Should I wear a mask?

- The CDC is currently recommending individuals wear a cloth face covering when you are around other people to help slow the spread of COVID-19.
- Please note the best defenses against getting and spreading COVID-19 includes proper hand washing with soap and water; avoid touching our eyes, nose and mouth with unwashed hands; avoiding being around sick people; and maintaining physical distancing of 6 feet or more.

What should I do if I have more questions?

Visit our website: <https://www.edcgov.us/Government/hhsa/Pages/EDCCOVID-19.aspx> , dial 2-1-1 for more information and guidance or email us at edccovid-19@edcgov.us. Please call your health care provider for any questions related to your health.



HOME ISOLATION INSTRUCTIONS FOR PERSONS WHO HAVE COVID-19 INFECTION

The following instructions are for ill persons who test positive for the virus or have been clinically diagnosed with COVID-19 and are self-caring or are being cared for by others in the home.

- 1. Stay home except to get medical care.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not go to work, school or public areas, and do not use public transportation or taxis/ride shares. Family members in close contact with the ill individual should also remain home as much as possible to prevent unknowingly spreading the infection.
- 2. Separate yourself from other people and pets in your home.** As much as possible, stay away from others; you should stay in a specific “sick room” and use a separate bathroom if possible. Keep elderly persons and those with compromised immune systems away from the sick individual. This includes persons with diabetes, chronic heart, lung or kidney disease or other significant health conditions.
- 3. Call ahead before using medical services.** Tell the healthcare provider office, clinic, urgent care, emergency room or 911-dispatcher you have COVID-19 infection. This will help the care destination to take steps in keeping others from being exposed to the virus.



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4. **Wear a cloth face covering.** You should wear a cloth face covering over your nose and mouth if you must be around other people, such as at home or anytime leaving the home setting is required. If you or the ill person cannot tolerate a cloth face covering, then those around the individual should wear one. For more information on cloth face covers, visit the CDC's website at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
5. **Cover your coughs and sneezes.** Cover your mouth and nose with a tissue when you cough or sneeze, or if a tissue is unavailable you can cough or sneeze into the crook of your elbow. Throw used tissues into a lined trash can and immediately wash your hands with soap and warm water.
6. **Clean your hands often.** Wash your hands often with soap and water for at least 20 seconds; soap and water are the best option, especially if hands are visibly soiled. Avoid touching your mouth, eyes, and nose until you wash your hands thoroughly.
7. **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people in your home. After using these items, family members or caregivers should wash thoroughly with soap and water. For washing laundry and bedding, wash on the highest temperature recommended on the item's label and thoroughly wash your hands with soap and water for at least 20 seconds when you are done handling soiled laundry.



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- 8. Clean high touch surfaces often.** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Clean and disinfect surfaces that may have blood, stool or body fluids on them. First clean the area with soap and water or another detergent if visibly soiled and then use a household disinfectant. Most EPA-registered disinfectants should be effective; follow the instructions on the disinfectant for proper use and wash your hands with soap and water for at least 20 seconds when you are done.
- 9. Monitor your symptoms.** If your or the person you are caring illness gets worse, seek medical care. Call your health care provider ahead of time and tell them you or the person you are caring for is infected with COVID-19. If you have life-threatening symptoms (for example unable to catch your breath, difficulty breathing, chest pain, feeling confused or too weak to get up) call 911. Persons caring for an ill individual should monitor for signs of viral illness (fever 99.5 or greater, dry cough or shortness of breath). Development of these signs requires that you separate yourself from others and contact your health care provider as soon as possible for further instructions or care.
- 10. When can home isolation end?**
- You have not had a fever in 24 hours without the use of fever-reducing aids (examples: Tylenol, Aleve, Advil) or homeopathic remedies
 - Other symptoms have improved for example; when your cough shortness of breath or other symptoms have improved
 - At least 10 days have passed since the signs of your illness started.