Santa Clara County
PUBLIC HEALTH

About COVID-19

- COVID-19 (Coronavirus Disease 2019) is a disease caused a new virus (novel coronavirus) that is spreading from person to person. Common symptoms include fever, cough, and shortness of breath.
- COVID-19 is mostly spread:
  - between people who are in close contact with one another (within about 6 feet); o through respiratory droplets when an infected person coughs or sneezes; o by touching a surface or object contaminated with the virus and then touching the mouth, nose, or eyes;
  - also possibly through aerosols (tiny viral droplets) that can float in the air, though it is unknown for how long they float or how significant this kind of spread is.
- Most people will have relatively minor illness with COVID-19. However, some people are at higher risk for serious COVID-19 disease, including people:
  - over 50 years of age;
  - with chronic health conditions such as lung disease, heart disease, or diabetes;
  - with weakened immune systems; o who are pregnant.
- People with COVID-19 might be contagious as early as two days before their first symptoms and as late as weeks after becoming sick.

Treatment for COVID-19

- There is no specific medicine to treat COVID-19 disease.
- Get plenty of rest, drink lots of fluids, eat healthy foods, and manage stress.
- Use acetaminophen to reduce fever and aches and pains.
- Go to the hospital if your symptoms worsen or you are having trouble breathing.

SECTION ONE: Patients Without Test Results

Please read this section if:
- You suspect you might have COVID-19 but have not been tested
- You have been tested for COVID-19 but have not yet received your test results

1. Monitor your symptoms

- If you are over 50 or have a condition that puts you at higher risk for severe disease, monitor your illness even more closely and discuss any concerns with your doctor. The most common symptoms include fever, cough, and shortness of breath. Other symptoms can include chills, night sweats, sore throat, nausea, vomiting, diarrhea, tiredness, muscle or body aches, headaches, confusion, or loss of sense of taste/smell.
- If your symptoms get worse, you have difficulty breathing, or you develop other concerning symptoms, call your doctor.
- If it is an emergency, call 911. If you have been tested, tell them you are awaiting results.
  - o Some emergency warning signs are trouble breathing, persistent pain/pressure in the chest, confusion or being unable to wake up, and bluish face or lips.

2. Call ahead before visiting a hospital, emergency room, or doctor's office

- If you need to visit a hospital, emergency room, or doctor's office, call ahead to notify them that you might have COVID-19. This will help the hospital or doctor's office take steps to keep other people from getting infected.

3. Stay at home except to get medical care

- **Stay at home. Other people should get food and other necessities for you.**
  - o Do not go to work, school, or public areas.
  - o If you need medical care, avoid using public transportation, ridesharing, or taxis.

4. Protect your family and friends

- **While at home, stay in a separate room with the door closed and away from other people in your household. Use a separate bathroom, if available.**
  - o If a separate bathroom is not available, use the bathroom last after others, and then wipe down everything you touched afterwards.
- Wear a face covering if you must be around other people at home. A bandana, scarf, or homemade cloth mask may be used. If you are not able to wear a covering, then people should not be in the same room with you. The time spent with other members of your household should be very limited.
- Clean your hands often with soap and water or alcohol-based hand sanitizer.
- Cover coughs and sneezes with a tissue and throw away used tissue in a lined trash can. Wash hands thoroughly with soap and water afterward.
- Avoid sharing personal household items like dishes, glasses, or bedding.

- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.

5. Self-isolate at home

- **If you have not been tested:**
  - o Remain isolated at home until at least 10 days have passed since you first started experiencing COVID-19 symptoms **AND** at least 24 hours after fever is gone (without the use of fever-reducing medication) and other symptoms are better.

- **If you have been tested and are waiting for your results:**
  - o Follow the isolation instructions above until your provider contacts you with the results.
  - o If your COVID-19 test comes back negative, you can return to work or school after 24 hours of no fever and improvement of other symptoms.
  - o If your COVID-19 test comes back positive, follow the isolation instructions above.

- If your self-isolation or self-quarantine period is over, you can return to your usual routine while following social distancing orders. Wear reusable, non-medical cloth face coverings when going out for essential services.

NOTE: If you work in a healthcare setting, you should notify your employee/occupational health office as soon as you begin showing symptoms.

You should follow any additional instructions from your employer.

Also see COVID-19 Quarantine Guidance for Healthcare Workers During Critical Staffing Shortages

SECTION TWO: Patients With Test Results

Please read this section if:
  • You have been tested and already know the result

If your test result is POSITIVE:

1. **Continue to monitor your symptoms** • See item #1 in Section One.

2. **Self-isolate for 10 days and until your illness is better** ○ Symptomatic patients: Remain isolated at home until at least 10 days have passed since the date of your symptom onset **AND,** at least 24 hours after fever is gone (without the use of fever-reducing medication) and other symptoms are better, **whichever is longer.**
    - Asymptomatic patients: remain isolated at home until **at least 10 days have passed since the date of your specimen collection.**
    - Continue to **protect your family and friends. ✦** See item #4 in Section One.

3. **People who live with you should self-quarantine for 20 days if they cannot avoid being exposed to you**
    - For **household contacts**, the quarantine period for the contact is about 20 days if they cannot avoid being exposed to you. Starts when case's isolation period begins and ends 10 days after case's isolation period ends. Contact should still monitor themselves for COVID symptoms for 14 days after case's isolation period ends. If contact becomes symptomatic, should get tested immediately. Otherwise, test 6 days after exposure to case. If contact is tested earlier than 6 days after last exposure to case and/or first test was negative, repeat testing towards the end of the quarantine period.
    - During the quarantine period, they can stay at home but should separate as much as possible from you. If possible, they should stay in separate rooms and use a separate bathroom.
    - If symptomatic, contact provider.
    - As always, everyone in the home should **follow the instructions of the County of Santa Clara shelter-in-place order** and practice **strict social distancing.**
    - They may be called for contact tracing and follow up

4. **During the quarantine period, your household contacts should monitor themselves for symptoms**
    - If they develop fever, cough, or other symptoms, they should call their doctor.
    - Before visiting a hospital, emergency room, or doctor's office, they should call ahead to notify the provider that another household member was recently diagnosed with COVID-19.

- If your household contact develops fever, cough, or other respiratory symptoms before Day 10 of isolation, they should get COVID-19 tested.   They should remain in isolation and contact their Primary Provider about testing and evaluation.

If your test result is NEGATIVE:

- **If you have symptoms** but **tested negative for COVID-19** you should remain isolated at home for at least 24 hours after fever is gone without the use of fever-reducing medication and any other symptoms are better**.**
- **If you have been exposed** to someone confirmed to have COVID-19, quarantine immediately and until 10 days after last exposure to case, and monitor for COVID symptoms for 14 days.
- If it has been less than 6 days since your last exposure to the case, test again near end of quarantine.
- If it has been at least 6 days since your last exposure to the case, complete your quarantine period

For more information on COVID-19:
- Visit the Santa Clara County Health Department webpage: www.sccphd.org/coronavirus
  • Visit the Centers for Disease Control & Prevention webpage: www.cdc.gov
- If you have any questions, call your doctor.
- You can also call the Santa Clara County Public Health Department at 2-1-1.
- How to disinfect your home if someone is sick: www.cdc.gov/coronavirus/2019-spiencov/prepare/disinfecting-your-home.html