

Self-Isolation Instructions for Individuals Who Have or Likely Have COVID-19



#SBCountyTogether
Serving you during COVID-19

Why self-isolate?

COVID-19 is very contagious. If you have tested positive or have symptoms of COVID-19, you should [self-isolate](#) to prevent spreading the disease to your family, friends, and community.

How long should I self-isolate?

You should self-isolate for at least 10 days after your symptoms start (or 10 days after you were tested if you never have symptoms). After you self-isolate and before you can be around others, your symptoms should also be improving (including not having a fever for at least 24 hours).

How do I self-isolate?

- Stay home except to get medical care
- Do not have any visitors
- Wear a face covering around others
- Cover your coughs and sneezes
- Wash your hands often with soap and water for at least 20 seconds, or if you can't wash your hands, use hand sanitizer with at least 60% alcohol
- Disinfect any surfaces you touch frequently
- Use a separate bathroom or disinfect a shared bathroom after each use



- Stay at least 6 feet away from other people, especially those in high risk groups more likely to get sick, such as people who:
 - Are over age 65
 - Are severely overweight
 - Have a chronic disease (like cancer, diabetes, heart/lung disease)
 - Have a weak immune system
- If you must be in a shared space, open windows when possible

How can I care for myself at home?

While there is no specific treatment for COVID-19, proper home care (like resting and drinking fluids) helps most people get better without the need for hospitalization. You can take over-the-counter medications as directed on the bottle to provide relief from fever and pain.

Contact your medical provider and discuss your symptoms. Be sure to alert your medical provider if you are in a high-risk group.

Call 911 if you start to have emergency warning signs



Difficulty breathing



Pressure or pain in chest



Bluish lips or face



Confused or hard to wake



Other serious symptoms

If you call 911, tell the dispatch personnel that you have COVID-19.