

CORONAVIRUS DISEASE 2019 (COVID-19)

HOME CARE INSTRUCTIONS FOR TESTED/NOT TESTED ILL PERSONS

If you are tested, the results may not be available for 3 to 6 days. As a result, you will need to remain in isolation at home until your test results are known. This means you should not go to school, work, shopping, or to any public area until you have been cleared by your provider with a confirmed negative COVID -19 test result.

WHAT TO DO



STAY HOME



SELF-ISOLATE



MONITOR FOR SYMPTOMS

SYMPTOMS TO WATCH FOR



FEVER OF 100.4 OR MORE



NEW COUGH



SHORTNESS OF BREATH

EMERGENCY WARNING SIGNS

If you develop emergency warning signs for COVID-19 get medical attention immediately.

In adults, emergency warning signs may include:



DIFFICULTY BREATHING OR SHORTNESS OF BREATH



PERSISTENT PAIN OR PRESSURE IN THE CHEST



NEW CONFUSION OR INABILITY TO ROUSE



BLUISH LIPS OR FACE

This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

HOME CARE BASICS



Restrict activities outside your home. Do not have visitors at your home. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. Try to maintain a distance of six feet, when possible, from other people.

If symptoms worsens, and are not resolved with over the counter medication, call your Primary Care Provider (PCP) and they will determine if you need testing for COVID-19 and refer you as needed.



It is recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.

When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

See COVID-19 and Animals for more information.



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



Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily 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 are the best option if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.



High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.



The California Employment Development Department (EDD) is encouraging individuals who are unable to work due to exposure to COVID-19 to file a Disability Insurance claim.

EDD is also encouraging employers who are experiencing a slowdown in their businesses or services as a result of the Coronavirus impact on the economy to apply for an Unemployment Insurance work sharing program.

This is an evolving situation and as testing becomes more available prioritizations may change. Testing criteria and supply availability will be continually evaluated to ensure the best care for our community. For additional resources, you can refer to the Santa Barbara County Public Health Departments COVID Information portal and the following guidelines from CDPH.



You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.