

# Home Isolation Instructions for Coronavirus Disease 2019 (COVID-19)

The following instructions are for people who are confirmed to have or who are being evaluated for Coronavirus Disease 2019 (COVID-19) and their families or caregivers.

## Information for people with COVID-19 who are not hospitalized

- 1. Stay home.** Do not leave your home, except to get medical care, until your healthcare provider says it is OK. Do not go to work, school, or public areas, and do not use public transportation or taxis.
- 2. Separate yourself from other people in your home.** As much as possible, stay in a different room from other people in your home. If possible, use a separate bathroom. If you must be in the same room as other people, wear a facemask to prevent spreading germs to others.
- 3. Before you visit your doctors, let them know.** Call ahead before visiting your doctor so they can prepare for your visit and know that you may have COVID-19.
- 4. Cover coughs and sneezes.** To prevent spreading germs to others, when coughing or sneezing cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash hands with soap and water.
- 5. Keep hands clean.** Wash hands often and thoroughly, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available and if hands are not visibly dirty. Avoid touching eyes, nose, and mouth with unwashed hands.
- 6. Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in the home. These items should be washed thoroughly after use with soap and warm water.
- 7. Monitor illness.** If your illness gets worse, seek medical care. If possible, call your healthcare provider and tell them that you have, or might have, COVID-19. This will help your provider to take steps to keep other people from getting infected. Put on a facemask before you enter the facility. If you have life-threatening symptoms (for example, trouble breathing, pain in chest), call 911. If possible, put on a facemask before emergency medical services arrive.

**These recommendations should be followed until you are told by the Public Health Department or your health care provider that you are no longer infectious.**

## Information for Caregivers, Partners, and Household Members

People who live with or provide home care for a person with COVID-19 at home should:

- 1. Be informed.** Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care.
- 2. Limit visitors to only people caring for the patient.**
  - As much as possible, anyone who is not caring for the patient should stay in another home or stay in other rooms. They should also use a separate bathroom if possible.
  - Keep elderly people and those who have weak immune systems or chronic health conditions away from the person. This includes people with diabetes, chronic heart or lung or kidney conditions.
- 3. Make sure that shared spaces in the home have good air flow.** Open windows or use an air conditioner if possible.
- 4. Wash hands.** People in the home should wash their hands often and thoroughly with soap and water for at least 20 seconds, especially before eating or after using the bathroom. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- 5. Wear disposable personal protective equipment (PPE)** e.g., facemask, and gloves when you touch or have contact with the patient's blood, body fluids and/or secretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea. Throw these away after use and do not reuse. When removing PPE, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- 6. Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items the patient. Follow the cleaning instructions below.
- 7. Clean all "high-touch" surfaces,** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day using household disinfectants. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them. Disinfect using [EPA approved products proven for use against the COVID-19 virus](#) (e.g., Clorox Disinfecting Wipes, Lysol Clean & Fresh Multi-Surface Cleaner, Purell Professional Surface Disinfectant Wipes).

## Cleaning Instructions

- Follow the recommendations provided on cleaning product labels including precautions you should take when applying the product, such as wearing gloves or aprons and making sure you have good ventilation during use of the product.
  - Use a diluted bleach solution or a household disinfectant with a label that says “EPA-approved.” To find out if the product works against viruses, read the product label, call the 1-800 number on the label or visit [www.epa.gov](http://www.epa.gov). To make a bleach solution at home, add 1 tablespoon of bleach to 1 quart (4 cups) of water. For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water.
  - Wash laundry thoroughly.
  - Immediately remove and wash clothes or bedding that have blood, body fluids and/or secretions or excretions on them.
  - Wear disposable gloves while handling soiled items. Wash your hands immediately after removing your gloves.
  - Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.
  - Place all used disposable gloves, gowns, facemasks, and other contaminated items in a lined container before disposing them with other household waste. Wash your hands immediately after handling these items.
- 8. Monitor the patient’s illness.** If they are getting sicker, call their medical provider and tell the medical staff that the person has, or is being evaluated for, novel coronavirus infection. This will help the healthcare provider’s office take steps to keep other people from getting infected.
- 9.** It is important to note that caregivers and household members who do not follow these instructions when in close contact with the patient may be considered to be “close contacts” and should monitor their health. Below is information for “close contacts of COVID-19 patients.

## Information for Close Contacts\* of COVID-19 patients

If you have had close contact with someone who is confirmed to have, or being evaluated for COVID-19, you should:

**1. Monitor your health.** Start from the day you first had close contact with the patient and continue for 14 days after you last had close contact with the person. Watch for these signs and symptoms:

- Fever. Take your temperature twice a day.
- Coughing.
- Shortness of breath or trouble breathing.
- Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.



**If you develop fever or any of these symptoms, call your healthcare provider right away and let them know about being a close contact to a patient with confirmed or suspected COVID-19 so they can prepare for your visit.**

For more information visit [www.coronavirus-sd.com](http://www.coronavirus-sd.com).

\*Close contact is defined as:

- a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case  
– or –  
b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).



## Health Screening Policy/Procedures

All employees and visitors are mandated to perform daily health screenings upon entering San Diego Fire-Rescue Department work sites.

Daily Health Screening must be completed at the beginning of each workday upon entry any City facility prior to entering populated areas. A second health screen will be required for all employee shifts that extend beyond an eight (8) hour workday. Fire Operations will conduct the second health screen between 2000 hours and 2030 hours. Other division's second evaluation times will be determined based on individual scheduling requirements.

Supervisors must be vigilant about assessing all employees or visitors. If one or more signs or symptoms of respiratory infections are present, that individual shall be considered to have a communicable illness and should NOT be at work or enter a City work site.

Daily health screenings are conducted by asking the following questions to check for signs of respiratory infections and assessing body temperature.

*Have you experienced any of the following in the last 24-48 hours?*

- *fever?*
- *cough?*
- *sore or scratchy throat?*
- *diarrhea from illness?*
- *difficulty breathing or body aches?*

Body Temperature Screen

- Greater than 100.0° F or 37.7° C, are considered a "Positive" Screening.

If a positive answer is given to any of the Health Screening questions or a body temperature of 100.0° F (37.7° C) is identified, individuals shall not be allowed to enter the facility or work site.

**Employees** should be directed outside the facility IMMEDIATELY. The immediate supervisor will be notified and will follow the Daily Infection Prevention Flow Chart. The DICO should be contacted via ECDC. The employee and supervisor will be guided by the DICO's direction.

**Visitors** will be directed outside the facility IMMEDIATELY. They should be informed the reason for their restriction from the facility and encouraged to seek medical attention at their own discretion.

If a "no" or "negative" answer is provided for all respiratory illness questions and body temperature is within normal limits is determined:

Employee's supervisor/captain will document all Daily Health Screenings as follows:

- Fire Operations and ECDC: document in PSTRAX
- Lifeguard: PSTRAX (paper logs will be used until PSTRAX process can be developed)
- AMR: document via iPad link

Visitors will be noted by supervisors, but no permanent documentation is required to be retained.

March 29, 2020

# Infrared Forehead Thermometer Model: YMITF01



1. Setting
2. Temperature Display
3. Memory
4. Backlight
5. Audio Silence
6. Measurement Trigger
7. Battery Compartment



## Instructions for Use:

1. Check that 1-9-volt battery is properly installed into the Unit.
2. Pulling the Trigger will turn the Thermometer on.
3. Ensure that the Chinese Characters are displayed in the upper left-hand corner of the Display <sup>1.</sup> (translation "Body Temperature")
4. The Thermometer will read a numeric value between 32° C - 42.5° C, values outside those ranges will display as "Lo" or "Hi"
5. Aim the Thermometer at the Forehead at a distance of 2 - 6 inches and pull the trigger for 1 second.
6. A Reading of 37.7° C = 100° F

**\*If the Display does not show the Chinese Characters in the upper left-hand corner, Remove the battery to do a hard reset and then replace. The Characters must be present to receive an accurate Body Temperature reading.**

# Health Screening Log

Date	08:00 Health Screening	18:00 Health Screening	Signs/Symptoms: Cough, Sore Throat, SOB, Respiratory Issues	Individual Initials	Supervisor Initials
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<b>Unit:</b>			<b>Station:</b>		
1					
2					
3					
4					

<b>Unit:</b>			<b>Station:</b>		
1					
2					
3					
4					

<b>Unit:</b>			<b>Station:</b>		
1					
2					

<b>Unit:</b>			<b>Station:</b>		
1					
2					

<b>Unit:</b>			<b>Station:</b>		
1					

**\*\*\*PLEASE TAKE ALL THE INFORMATION ABOVE SERIOUSLY AND MONITOR EACH OTHER DURING THIS OUTBREAK\*\*\***