

## Guidelines for people placed on home quarantine

The purpose of home quarantine is to limit the spread of virus from people who are either confirmed to be infected, showing suspicious symptoms, or have been in close contact with someone who is infected. Here are some general guidelines.

Go out in public as little as possible. Have somebody else do necessary errands for you, such as grocery shopping if you can. If that is not possible, try to utilize delivery services, or personal-shopper pickup services, so that a store employee can bring groceries out to your car. Some pharmacies are suspending fees for home delivery. If you do go into stores or other places of business, try to go during times which are least busy, and wear a mask.

Notify Public Health and/or your health provider if you develop new symptoms.

If you feel you need medical care, call ahead. Explain your symptoms. Many times you can be helped over the phone without coming into an office or emergency room. Providers can often even prescribe medication for you without a personal visit.

In your home.

Limit visitors, especially people over the age of 60 or those with underlying health conditions. Instead, chat with your friends and family over the phone, facetime, etc. ins

Continue to practice good hygiene yourself, with frequent thorough handwashing, coughing into tissues or elbow, and so forth.

If you share your residence with family or friends, keep distance as much as possible. Avoid physical contact such as hugging. Wear a mask if you can. Have a separate bedroom if possible, and spend most of your time in separate rooms. Use a separate bathroom if possible. Try to use separate dishes, towels, bedding, toiletries, telephones, computers, and so forth. If you need to share objects, wash them well with soap and water or one of the agents listed below.

Do a daily or more frequent wipe down of shared surfaces, such as doorknobs, faucets, toilets, tabletops. You can wipe down with soap and water, alcohol-based wipes, disinfectant sprays, or make your own disinfectant spray by mixing 4 teaspoons of bleach, such as Chlorox, in a quart of water. This site lists approved Coronavirus fighting cleaning products: <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

Keep your home well -ventilated by opening windows.

It's also wise to [restrict contact with pets](#) until researchers know more about whether animals can contract the virus. If avoiding your pets isn't an option, wear a face mask and wash your hands before and after interacting with the pet.

When to end home quarantine depends on your individual case.

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If you have been placed on home quarantine by Public Health or your provider, you can return to work or school if you have not developed any symptoms by the end of the quarantine period.

If you are on self-quarantine because of respiratory symptoms, you can return to work or school when you have been clear of fever for at least 24 hours without use of fever-reducing medicines such as Tylenol or ibuprofen.

If you are on quarantine because you have tested positive for COVID-19 seek guidance from your contact at the Public Health Department about when it is safe for you to resume your normal routines.

Napa Valley College Student Health Services: (707) 256- 7780.