



**EL DORADO COUNTY**  
**HEALTH AND HUMAN SERVICES AGENCY** *Public Health Division*  
**Communicable Disease**

---

---

## **What to do if you are being placed on Isolation or Quarantine due to COVID-19?**

The most important thing to do is to **self-quarantine or self-isolate, as instructed**. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. Isolation is used to separate people infected with the virus (with or without symptoms) from people who are not infected.

**\*\*Public Health Staff will check in with you regularly if you are self-quarantined at home\*\***

**Please follow the steps below until Public Health Staff says you can return to your normal activities:**

- **Stay home at all times** - Do not go to work, school or any public areas.
- **Separate yourself from others in your home** - put yourself in isolation and avoid sharing personal household items like dishes, linens and towels. Use a separate bathroom if possible.
- **Monitor your health & stay in touch with your doctor** - If your symptoms worsen, seek medical attention, but call first. Wear a facemask and follow care instructions from your doctor or local health department. If you need emergency help, call 911. *If you must call 911 or go to the hospital for an emergency, you must notify the responders and/or healthcare workers of your potential COVID-19 exposure for their protection.*
- **Practice healthy hygiene** - Wear a facemask when others are around. Cover your coughs and sneezes. Wash your hands properly, and often. Use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth.
- **Avoid sharing household items** - Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.
- **Clean all high-touch surfaces every day** – Routinely clean and disinfect your bedroom and bathroom and high-touch surfaces like phones, remotes, counter and table tops, and doorknobs
- **Follow directions from the local health department** - It is highly important you follow the directions given to you by the Local Health Department staff. Their role is to protect you, your family & your community. If necessary the Local Health Department can have law enforcement officials enforce quarantine or isolation orders.
- **Call the El Dorado County Public Health Division** - Our office is available to answer any additional questions you might have. Call us to 530-573-3154 during business hours. For after hours and weekends please call 800-901-5789.