

Instructions for Persons under Home-Based Quarantine - Coronavirus

Quarantine is used when a person is possibly infected with a disease, but is not yet symptomatic. Individuals who have been in high-risk areas in the past 14 days or have been in contact with a COVID-19 infected individual need to be quarantined.

These guidelines may not apply to persons who are at higher risk including older adults, people who have serious chronic medical conditions like heart disease, diabetes, and lung disease.

• A healthcare professional provides detailed information on infection, signs and symptoms of the COVID-19 infection. The information can also be found on www.rivcoph.org/coronavirus.

- You must not leave your home unless necessary. If you need to seek necessary health care services, after consulting with **Public Health – Disease Control: (951) 358-5107**, you may use a private car but should avoid public transport or taxis, including lyft and uber. You need to inform your health care provider about your quarantine status beforehand so necessary precautions can be put in place prior to your arrival to the facility.
- You must not attend school or work with other people. You must not attend any public event or any large group gatherings.
- You must not visit fitness centers, swimming pools, theaters, cinemas, shopping malls, or other places where people come together.
- You must not go out for supplies, i.e. to the pharmacy, the grocery store, the post office, banks, etc. If delivery of food and other necessities is available in your area, this service can be utilized during quarantine by leaving supplies at the front door.
- You must not stay in shared condominium space or any group setting. You may not have visitors in the home during quarantine.
- You can go for a walk but need to keep at least 3 feet distance from other pedestrians. You can go for a drive using a private car but must not interact with others in close proximity, e.g. at drive-thru restaurants.
- You can take out domestic trash, but you need to consider hygiene, such as handwashing before and after opening the garbage chute / trashcan / trash room and preferably wipe handles with 70% alcohol or other disinfectants after contact.
- Others exposed in the same household at the same time can be quarantined together in the same place. It is preferred that individuals in the household that have not been exposed NOT sleep in the same room and NOT share the same bathroom as the quarantined person.
- You should report all symptoms of illness, whether you believe they are relevant to the COVID-19 or not, to **Public Health – Disease Control: (951) 358-5107**, they will decide whether to take a sample with regards to the COVID-19.