

Self-Quarantine at Home Information for HFD Members

Per the Houston Health Department, individuals on self-quarantine must have a designated separate bedroom. HFD members who are not able to self-quarantine in a designated separate bedroom may need alternate arrangements.

- Per the Houston Health Department, individuals should not self-quarantine with household members who may be at increased risk of complications from COVID-19 infection:
 - o People > 65 years old
 - o Young children < 3 years old
 - o Pregnant women
 - o People who are immunocompromised
 - o People who have chronic heart, lung, or kidney infections

Guidance to HFD Members on Work Restriction:

- Monitor your symptoms twice daily at least 6 hours apart.
 - o Symptoms include the following:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills, body aches, sore throat, headache, nausea, vomiting, diarrhea, and runny nose
- Report to your designated health department monitor daily according to HHS instructions.
- Send daily email with recorded temperatures by 12:00 PM to hfdexposure@houstontx.gov. If an email is not received, you will be contacted. This email should include your 'exposure' date and symptoms, if any, as well as the previous nights' temperature and the current morning temperature.
- **IF SYMPTOMS DEVELOP:**
 - o Contact the health to determine the next course of action, then report symptoms to HFD Infection Control at 346-291-4964.
 - o If needed, call 911 first, disclose your monitoring status, and then contact the health department.
 - o Mild symptoms should be reported, but continue home-care unless illness progression requires further care.
- If it is determined that you need non-emergency medical care:
 - o Coordinate your appointment with the health department.
 - o Transport in a private vehicle or arrange a controlled medical transport (ambulance).
- COVID-19 Testing: How should/will HFD be notified about testing and results?
 - o If you develop symptoms, COVID-19 testing may be appropriate.
 - o If your test comes back negative, you must still finish the 14-day monitoring period.
 - o If your test comes back positive you will be provided with additional information and guidance by the health department. (You must also notify HFD Infection Control)
- Separate yourself from other people.
 - o Stay in your dedicated bedroom with the door closed.
 - o If possible, you should use a separate bathroom from other household members.
- Prohibit visitors who do not have an essential need to be in the home.
- Limit contact with pets.

- When possible have somebody else care for your pet(s), and avoid petting, close contact, and sharing food with pets or other animals.
 - If you must be around animals while you are sick, wear a face mask and wash your hands before and after interacting with them.
- Call ahead before visiting your doctor.
 - If you have a medical appointment, call the healthcare provider and tell them that you are on self-quarantine for a COVID-19 exposure. This will help the healthcare provider's office take steps to keep others from getting infected or exposed.
- Wear a facemask when you are around other people (sharing a room or vehicle, for example), pets, and before you enter a healthcare facility. If you are unable to wear a facemask, any people sharing your space should wear a facemask.
- Cover your coughs and sneezes.
 - Cover your mouth and nose with a tissue when you cough or sneeze and dispose of that tissue in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based sanitizer that contains at least 60% alcohol.
- Clean your hands often.
 - Wash your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bath room; and before eating or preparing food.
 - Hand sanitizer that is at least 60% alcohol can be used if soap and water are not readily available. Cover all surfaces of your hands and rub 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.
- Avoid sharing personal household items.
 - DO NOT SHARE dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
 - Wash these items thoroughly after use using soap and water.
- Clean all "high touch" surfaces every day.
 - Clean and disinfect surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, remote controls, light switches, and bedside tables, etc. daily, at minimum.
 - Disinfect areas with bodily fluids (including blood, stool, urine, etc.).
 - Use a household cleaning spray or wipe according to the label instructions.
 - Use gloves while cleaning and perform hand hygiene after removing them.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands immediately after removing your gloves.
 - Read and follow directions on the labels of your detergent and clothing- use the warmest temperatures recommended on the clothing label.
- Household members, partners, or caretakers should wear a disposable facemask and gloves when they touch or have contact with the member's blood, stool, or body fluids (saliva, sputum, nasal mucus, vomit, urine, etc.).
 - Throw out disposable face masks and gloves after use.
 - When removing PPE:
 - Remove and dispose of gloves.

- Immediately clean hands with soap and water or alcohol-based hand sanitizer.
- Remove and dispose of face mask.
- Immediately clean hands again with soap and water or alcohol-based hand sanitizer.

HFD Contacts:

HFD Infection Control 346-291-4964

hfdexposure@houstontx.gov