

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.
- Check-in daily at the following link with recorded temperatures by 12:00 PM. If you are asked to login, use your city email and city password.**

<https://forms.office.com/Pages/ResponsePage.aspx?id=EFqoV4sltEWIGclsdyEJTikj425PvJBKgXWPPdVIL3JUNFVUTUVaU1BMWkdWWkiUSk9GWEIEMThTVCQIQCN0PWcu>

- **IF SYMPTOMS DEVELOP:**
 - o Report symptoms to HFD Infection Control at 346-291-4964 to notify us and be referred for testing.
 - o If needed, call 911 first, disclose your monitoring status, and then contact Infection Control as soon as you are able.
 - o Mild symptoms should be reported to Infection Control, 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 Infection Control.
- Separate yourself from other people.
 - o Stay in your dedicated bedroom with the door closed.

- 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.

**If you do not have a data plan or are unable to access the check-in link above, please contact 832-470-6415 by 12pm each day to report your status.