



COVID-19 Provider Teleconference: Patient Information for Isolation and Quarantine

June 29, 2020

In response to increasing numbers of positive cases and significant challenges with CalREDIE's Electronic Lab Reporting system, the Health Officer is hosting a teleconference to request your assistance in partnering with us to help communicate and assure compliance with isolation and quarantine for COVID-19. Your participation is appreciated.

Date: June 30, 2020
Time: 3:00 pm – 4:00 pm
Number: [+1 \(224\) 501-3412](tel:+12245013412) Access Code: 195-208-437

The Public Health Department is asking providers to communicate specific instructions on isolation and quarantine to:

1. Persons who are diagnosed based on a positive test
2. Persons who are likely to have COVID-19 based on symptoms
3. Persons who have had close contact with a positive case.

Action Steps for Providers:

If COVID-19 is presumed or confirmed, the diagnosing provider is asked to:

- **Instruct the patient to immediately self-isolate** and provide the patient with SBCPHD Isolation Instructions
- **Review home isolation instructions** with patient emphasizing the content of the following sections:
 - When to seek medical care, and what to do if symptoms worsen, when to seek medical care, and when to call 9-1-1.
 - Protect others-Stay isolated, except to get medical care, until the home isolation period ends.
- **Ask patient to identify and inform their close contacts of the need to quarantine for 14 days**- close contacts is defined as persons who were within 6 feet, for 15 minutes or more, beginning 48 hours before their symptoms began (or 48 hours before the date of positive test if asymptomatic). The patient should provide each close contact with quarantine instructions.
- **Plan to closely monitor patients** at increased risk for severe disease, such as older adults and persons with underlying medical conditions (see CDC [High-Risk Conditions](#)). If these patients are living alone or are the only responsible adult in the home, discuss with them virtual daily check-in option. Consider contacting them frequently as there is potential for rapid clinical deterioration.
- **Inform them that Santa Barbara County Public Health will attempt to call** them to interview them for contact tracing. Please encourage them to answer Public Health's calls and to call them back if they receive a message.
- **Ending Isolation and Return to Work/School** –SBCPHD recommends the [CDC's symptom-based and time-based criteria](#) to end home isolation. No test of cure is needed once the patient has met the criteria as outlined below.