



Provider Alert: COVID-19 Request for Assistance Patient Information for Isolation and Quarantine

July 6, 2020

The Health Officer is requesting assistance from all healthcare providers to help communicate and assure compliance with isolation and quarantine for COVID-19. This effort is needed to respond to increasing numbers of positive cases, and significant challenges with CalREDIE's electronic lab reporting system. Resources to assist you are located on the PHD website and linked in this document.

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 provider is asked to:

- **Instruct the patient to immediately self-isolate** and provide the patient with SBCPHD Isolation and Quarantine Instructions in [English](#) and [Spanish](#) or at <https://publichealthsb.org/testing/>
- **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 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 to quarantine for 14 days**
Close contacts are persons who were within 6 feet, for 15 minutes or more, of the case for the following **time periods**:
 - 48 hours before symptoms began until 10 days after symptoms began, or until symptoms resolve, whichever is longer
 - If asymptomatic: from 48 hours before and until 10 days after the date of positive test

The patient should provide each of their close contacts with [quarantine instructions in English or Spanish](#).

- <https://publichealthsb.org/testing/>

- **Inform patients 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.
- **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.

- **Submit positive result in Cal REDDIE** within 24 hours and include patients current phone number and address. This will facilitate disease investigation.
- **Report** by phone confirmed or suspect cases in congregate living residents or workers, and healthcare workers 24/7 to 805-681-5280
- Consult [Healthcare Worker Exposure Isolation Algorithm](#) or [Persons Exposed in Community or Household Algorithm](#) as needed.
- **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.

When Does My Home Isolation End?

You must stay home and separate yourself from others until your home isolation or quarantine ends.

If you had symptoms, you must stay home until:

- You have had no fever for at least 72 hours (without the use of medicine that reduces fevers) AND
- Your respiratory symptoms have improved (for example, cough or shortness of breath) AND
- At least 10 days have passed since your symptoms first appeared. If your symptoms persist you should remain in isolation for 14 days.

If you tested positive for COVID-19 but never had any symptoms:

- You must stay home for 10 days after the test was taken, **but**
- If you develop symptoms, you need to follow the instructions above