



## Public Health Department

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**COVID-19 Call Center Line**  
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[buttecounty.net/publichealth](http://buttecounty.net/publichealth)

## COVID-19 Instructions for Persons in Isolation

Necessary to prevent the spread of Coronavirus Disease 2019 (COVID-19)

### These instructions are for someone who has tested positive for COVID-19.

You can help prevent the spread of COVID-19 to other people by doing the following things:

- Stay at your approved isolation location at all times.
  - You do not need to wear a mask while alone in your home or room. However, you should wear a mask when you are indoors in parts of a house that you share with other people.
  - You may go outside in the open air without a mask or face cover if you can maintain a distance of at least 6 feet between yourself and others.
- **DO NOT** let visitors come inside your home or room except for health care workers or a campus or county-designated support person wearing a mask.
- If sharing a bathroom in a home, open the window or turn on a fan, and disinfect bathroom surfaces after each use, including all door and faucet handles.
- If you are staying in a motel, special arrangements can be made to minimize housekeeping staff being exposed.
- Always use a tissue to cover your mouth and nose when you cough or sneeze. Throw the tissue away and wash your hands with soap and water.

### **DO NOT:**

- Go to visit relatives or other people.
- Attend any gatherings of friends or co-workers, large parties, or social events.
- Go to public places such as a grocery store, the post office, a restaurant, a theater, a gym, a school, etc.
- Go to medical facilities or doctor's offices without calling first. If it is a medical emergency, call the facility ahead of time to let them know you are in isolation for COVID-19.
- Go to your place of employment.
- Ride together in a private car with any other person unless both of you are wearing a mask, and only do so when absolutely necessary (approved medical visit, etc).
- Use public transportation like buses, taxicabs, trains, and airplanes.

**Per CDC guidelines, isolation can end 10 days after the onset of symptoms (or after the specimen collection date in people without symptoms), as long as the person has been fever free for 24 hours without fever reducing medication and symptoms are resolving.**

We need you to do your part in protecting the health of others. If you have questions, please call the **Butte County COVID-19 Call Center at 530-552-3050 (Monday-Friday, 8 am to 5:00 pm.)** You can also visit the Butte County Public Health COVID-19 Website at [www.buttecounty.net/ph/COVID19](http://www.buttecounty.net/ph/COVID19).

Thank you for your cooperation in helping to stop the spread of COVID-19 in our community.