



Department of Public Health
www.fcdph.org

Febrile Respiratory Illness (FRI) Patient Isolation / Quarantine Reporting

Dear Patient,

You have been evaluated for COVID-19 infection. **You are ordered to isolate/quarantine.** This is a legal order pursuant to the Fresno County Amended Health Officer Order declared on April 14, 2020. This information sheet provides instructions. Please use the instructions that your medical provider has checked. (**Medical Provider:** please check order for self-isolation or self-quarantine).

_____ ORDER FOR **SELF-ISOLATION** FOR 10 DAYS (MINIMUM) AND UNTIL RECOVERED FOR 3 DAYS

If you have COVID-19 confirmed by a lab test or have symptoms of COVID-19 as confirmed by a medical provider, you **MUST** self-isolate for at least 10 days. That means:

1. Stay home at all times unless you need to make essential errands
2. Wash your hands and clean your personal items with soap and water
3. Stay in your own bedroom and use your own bathroom (if possible)
4. Cover your face if you are sharing a room with relatives
5. Use a face covering when you need to be out in public

You need to do this until 10 days have passed since you had symptoms AND three days after you feel better—that means you have no symptoms-- for three days.

_____ ORDER FOR **SELF-QUARANTINE** FOR 14 DAYS MINIMUM due to CLOSE CONTACT

If you had close contact with a person who has been confirmed as having COVID-19, **you must quarantine for 14 days.** That means:

1. Stay home at all times unless you need to make essential errands
2. Wash your hands and clean your personal items with soap and water
3. Stay in your own bedroom and use your own bathroom (if possible)
4. Cover your face if you are sharing a room with relatives
5. Use a face covering when you need to be out in public
6. Take your temperature and monitor yourself for cough, sore throat, fevers, chills, diarrhea or body aches. These are signs of COVID-19 and you may need to get a test done at that time. Check with your provider or call the Fresno County Department of Public Health (FCDPH) to arrange a test if you get sick.

You need to do this for 14 days since the date of contact with the COVID-infected person.

YOUR LAST DAY OF QUARANTINE IS _____.

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MEDICAL PROVIDER: Please COMPLETE the rest of this form. Fax (559) 600-7607 OR use our online portal:

https://is.gd/COVID19_reporting

Patient NAME: _____ MRN: _____ DATE OF SERVICE: _____

Patient DOB: _____ Was COVID Testing done? _____ Y / N _____ Was COVID suspected? _____ Y / N

PHONE: (make sure it is current and it works!) _____ Can patient use text messages? _____ Y / N

BACK-UP TELEPHONE (EMERGENCY CONTACT): _____

Patient Address: _____ City: _____ Zip: _____

Workplace: _____ Work Supervisor Name: _____ Work Sup. Phone: _____

If patient lives in or is discharged to a congregate setting, provide the name/ location: _____

If patient went to gatherings/ businesses in past 14 weeks, give details including any event organizers or locations:



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FREQUENTLY ASKED QUESTIONS ABOUT COVID-19 ISOLATION AND QUARANTINE ORDERS

1. **What if I start to feel sick and need to see a doctor? How will I know what signs to watch for?**
 - a. Signs that you are getting sick include difficulty breathing, weakness with walking around, severe diarrhea or vomiting, pale or blue lips and fingertips, or confusion.
 - b. Call ahead first. Your doctor may be able to see and treat minor illness over the phone. If you do need to go to an emergency department, make sure they are ready to receive you and tell them your COVID diagnosis.

2. **Can I go to work?**
 - a. Patients who have symptoms of COVID-19 or have been tested positive for COVID-19 cannot work until cleared by the health department. Call (559) 600-3332 if you have questions. THE DEPARTMENT OF PUBLIC HEALTH WILL NOT PROVIDE LETTERS OF CLEARANCE TO RETURN TO WORK. IF YOUR EMPLOYER NEEDS TO CONFIRM THAT YOU ARE CLEAR TO WORK, THEY CAN CALL THIS NUMBER TO SPEAK TO SOMEONE.
 - b. Patients in quarantine SHOULD NOT WORK, EVEN IF THEY FEEL NO SYMPTOMS. However, in some essential professions they may be allowed to return to work DUE TO THE ESSENTIAL FUNCTIONS THEY PROVIDE. If the employee must work during their quarantine period, they must do so with extra monitoring and temperature checks. If they do fall ill, they need to stop working immediately and get checked for COVID-19.

3. **Can I be outdoors while I am in Quarantine or Isolation?**
 - a. If you feel sick, take care of yourself. Get lots of rest and fluids and try to stay in your room as much as possible. That will help you get better faster and keep you from spreading the infection to your family, friends, co-workers, and neighbors.
 - b. You can go outside to walk, run or exercise on your own. Quarantine stops other people from getting infected, especially vulnerable people in your household and community. You will likely not be tested unless you develop symptoms.

4. **What does “close contact” mean?**

A close contact is anyone who has had greater than 15 minutes of face-to-face (less than 6 feet distance) contact with a suspected or confirmed case in any setting.

5. **Can I participate in gatherings such as family parties, barbecues, funerals, or celebrations while I am in quarantine or isolation?**
 - a. NO, this is extremely dangerous due to your contagious illness. Even if you do not feel ill or feel you are getting better, you can still pass on the virus to others.

REMEMBER: COVID-19 spreads from infected people to others when they are working, living, or sharing social moments together. YOU HAVE AN IMPORTANT ROLE TO PLAY TO HELPING US STOP THIS EPIDEMIC. STAY HOME, STAY SAFE, AND KEEP THOSE YOU LOVE SAFE!

WHAT IF I NEED MORE INFORMATION OR WANT TO APPEAL THIS ORDER?

If you have any questions or concerns, contact: Fresno County Department of Public Health at (559) 600-3200.

California Health and Safety Code Section 120275 makes it a misdemeanor for any person, after notice, to violate, or refuse or neglect to conform to, any rule, order, or regulation prescribed by any health officer for the quarantine or disinfection of persons. Failure to comply with a lawful isolation or quarantine order may result in the person being taken into custody for the isolation period, along with a fine or imprisonment.



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WHAT TO DO WHEN IN QUARANTINE OR ISOLATION

If you are in quarantine or isolation due to COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care.

Do not go to work, school, or public places. Ask others to get essentials for you. **Avoid public transportation.**



Separate yourself from other people in your home who are not in quarantine or isolation.

Try to stay in a specific “sick room” and use a separate bathroom if available. Limit contact with pets & animals



Call ahead before visiting your doctor

If you have a medical need, call your doctor or hospital, tell them you may have COVID-19 and follow their instructions.



Wear a mask if you are sick

Wear a mask when you are around other people in your home and before you enter a healthcare provider’s office.



Cover your coughs and sneezes

Cover your mouth and nose with a tissue when coughing or sneezing. **Dispose** of the tissue in a lined trash can. **Wash your hands** immediately after for 20 seconds.



Clean your hands often

Wash your hands often with soap and water for 20 seconds or **Use hand sanitizer** alcohol based, with at least 60% alcohol if soap and water are not available.



Avoid sharing personal household items.

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home who are not in quarantine or isolation.



Clean all “high touch” surfaces everyday

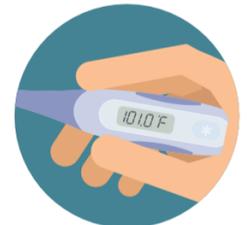
Everyday clean high-touch surfaces in your area like; phones, remote controls, counters, tabletops, doorknobs, toilets, keyboards, tablets and bedside tables.



Monitor your symptoms

Seek medical care right away if your illness is worsening, but call first.

Follow care instructions from your healthcare provider and local health department. Your local health dept. will give you instructions on checking your symptoms and reporting information.



Follow quarantine order

Failure to follow quarantine instructions may result in civil or criminal penalties.



If you develop symptoms for COVID-19 call your primary care provider immediately.

COVID-19 symptoms include:

- Fever • Sore throat • New or worsening shortness of breath • New or worsening of cough
- Please consult your medical provider for any other symptoms that are severe or concerning.
- **Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have COVID-19. If possible, put on a face mask before medical help arrives.**