

## Coronavirus (COVID-19) Information

City of Bryan Recommendations based on CDC Guidelines.

### Know the Difference: Self-monitor, Quarantine and Isolation

These are protective measures used to prevent the spread of COVID-19 among people who may have been exposed. The City of Bryan, as your employer, may require you to self-monitor and/or self-quarantine based on a potential exposure.

- **Self-monitoring** is for those that may have been exposed to a person with COVID-19. They should monitor themselves for symptoms (fever, cough, and shortness of breath). Self-monitoring means people should monitor themselves for fever by taking their temperatures twice a day and remain alert for cough or difficulty breathing. If they develop symptoms during the self-monitoring period, they should self-isolate, limit contact with others, and seek medical advice by telephone.
- **Quarantine** is for people who were exposed to a person with a confirmed case of COVID-19 but are not experiencing symptoms. Contact your local health department or medical provider if you are unsure if you should self-quarantine.
- **Isolation** separates people who are sick from those who are well. People who have tested positive for COVID-19 should be in isolation.

### What should I do if I am or someone in my household is quarantined?

- Establish a room (and a bathroom if possible) which only the quarantined person can use.
- The quarantined person should not leave home at all, except for urgent medical care. If urgent care is needed, they should wear a surgical mask at all times while outside of the home. Do not take buses, subways or ride shares like Uber or Lyft. Use a personal vehicle or call an ambulance to get to the provider's location. And call ahead to your provider so they can be ready.
- All household members should practice strict personal hygiene. That means washing your hands frequently with soap and warm water. When you cough or sneeze, use a tissue every time. Then wash your hands.
- Do not share plates, glasses, cups, or utensils. Wash all these items in a dishwasher or with dishwashing liquid and warm water.
- Wipe down frequently used surfaces with a household disinfecting cleaner – especially if they've come in contact with bodily fluids like spit, mucus, urine, feces, or vomit.
- Do not allow visitors in your home.

All household members should monitor their own health and call their healthcare provider if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath).

### **What Do I Do If I am Sick or I must care for Someone Who is Sick with COVID-19?**

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, you should take steps to help prevent the disease from spreading to people in your home and community.

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

#### **Stay home except to get medical care**

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to seek care if you feel worse or you think it is an emergency.

#### **Separate yourself from other people in your home, this known as home isolation.**

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.

#### **Call ahead before visiting your doctor.**

- **Call ahead:** If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

#### **Wear a facemask if you are sick.**

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider’s office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room, they should wear a facemask.

#### **Cover your coughs and sneezes.**

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.

- **Wash hands:** 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 hand sanitizer that contains at least 60% alcohol.

#### **Clean your hands often.**

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

#### **Avoid sharing personal household items.**

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

#### **Clean all “high-touch” surfaces everyday.**

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

- If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear and wait as long as possible after the sick person has used the bathroom.

High touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

#### **Monitor your symptoms.**

- **Seek medical attention, but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
  - **Call your doctor before going in:** Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.

## How to discontinue home isolation.

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
  - ***If you will not have a test*** to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)  
AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND
    - at least 7 days have passed since your symptoms first appeared
  - ***If you will be tested*** to determine if you are still contagious, you can leave home after these three things have happened:
    - You no longer have a fever (without the use medicine that reduces fevers)  
AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND  
you received two negative tests in a row, 24 hours apart. Your doctor will follow [CDC guidelines](#).