

VDH Agreement – Voluntary Isolation for Coronavirus Disease 2019 (COVID-19) Cases

The Virginia Department of Health (VDH) considers coronavirus disease 2019 (COVID-19) to be a communicable disease of public health threat, and is taking extra measures to prevent possible spread within the community. Because you have tested positive for COVID-19, we recommend that you separate yourself from the public immediately to minimize the chances of others becoming ill. This means adhering to specific travel, work and movement restrictions that will limit your contact with other people. It is important that you follow the instructions outlined below to ensure you are closely connected with the local health department so any change in your health status can be noted as quickly as possible.

Patients with COVID-19 should remain isolated at home until the risk of spread to others is considered low. The decision of when to stop isolation at home will be made on a case-by-case basis, in consultation with healthcare providers and the health department. **If you develop new or worsening symptoms (fever, cough, or difficulty breathing), please call the Health Department immediately at 804-717- 6440. For afterhours emergencies call 1-877-Ask-VDH3. Please state that you are a Positive Case**

We will communicate with you regularly while you are under this agreement. Communication might be by phone calls or an electronic-based method, such as email or text. We will be able to answer your questions and make sure that you are following the instructions provided in this agreement. We will tell you when it is safe for you to return to your normal activities.

Under this agreement, you must:

- 1. Stay at your home (or in a similar setting) determined by public health authorities and avoid all public activities.**
 - Stay home except to get medical care. Avoid all public spaces, public activities, and public transportation.
 - Teleworking from home (if approved by your employer) or long-distance learning (if approved by your school) is allowed.
 - You may leave your house to spend time in your yard, patio or other location on your property, but you must remain on your property, and not have face-to-face contact with anyone other than members of your household.
 - If you live in an apartment complex, you must remain in your own apartment. Do not go to any common areas in the building, including vending machine or laundry areas.

- If there are others in your household, separate yourself from them by staying in a separate room.
- The local health department will ensure that your essential needs (for example food and medications) are being met.
- A family member or friend who is not covered in a similar agreement may also bring items to your front door, but must stay at least 6 feet away from you and may not enter the home.
- Travel is only allowed for medical reasons and may only occur by medical transport (e.g., ambulance) or private vehicle while you are wearing a face mask.

2. Monitor your health by taking your temperature twice daily and remain alert for worsening symptoms including fever, cough, or difficulty breathing.

- Measure your temperature twice a day (once in the morning and once in the evening) and record the temperatures on the log that you have been given or via electronic survey. It is good to take your temperature at around the same times each morning and evening. Do not eat or drink during the 30 minutes before you check your temperature and do not take fever-lowering medications.
- Monitor for other symptoms daily. You may record the findings on the same log.
- The Chesterfield Health Department will contact you as arranged to see if you have developed a fever or any other symptoms compatible with COVID-19 infection. You must provide a phone number where you can be reached every day until you are release from quarantine.

3. Notify the health department and seek medical attention immediately if you develop a fever (or feel feverish), cough, difficulty breathing, or if your current symptoms worsen.

- If you feel feverish or develop cough or difficulty breathing and are not certain whether you should seek medical care, please call your health department contact. The Health Department will help you determine what you should do next.
- If it is determined that you should go to an emergency department for further evaluation, the Health Department will tell you what near-by emergency departments can provide the care you need and where they are located.
- The Health Department will call the emergency department and tell them to expect you. **Before** you enter the emergency department, you should put on a facemask. When you enter, you should go straight to the receptionist so that you can be placed in a private room. Ask the emergency department staff to contact the local health department so they know you have arrived and are being evaluated.
- If possible, and if it is not a medical emergency, you should drive yourself or have a family member or friend drive you in a private car while you are wearing a facemask. Do not take public transportation (such as a train, subway/metro, bus, taxi, or ride share vehicles). Carry any paperwork (for example: fever chart and Health Department contact information) with you so you can show them when you arrive at the emergency department.

- If you have no other transportation available, the Health Department may be able to assist you in arranging transportation. In some cases, transport by ambulance may be needed.
- If you become very ill and it is a medical emergency, call 9-1-1. Tell the operator about your possible exposure to the new (novel) coronavirus and symptoms, and let the ambulance crew know when they arrive.

4. Use safe practices so people around you do not get sick.

- We do not know exactly how the virus that causes COVID-19 spreads between people. Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory viruses spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It is unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching the mouth, nose, or possibly their eyes.
- Remember that you may be separated from the public but may have other family members or other close contacts in your home. It is important to limit the chances of spreading the virus in your home.
 - Do not allow visitors to come to your home or residence to stay with you while you are under this agreement. If family members or others join the household group, they may be subject to a similar agreement.
 - Separate yourself from others, even those in your family, by staying in a separate room. If you must be in the same room with others, wear a facemask and always maintain a distance of at least 6 feet.
 - Use a separate bedroom and a separate bathroom, if available.
 - You should wear a facemask when you are around other people (e.g., sharing a room) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.
 - Refrain from sexual intercourse during the period of this agreement.
 - Avoid contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick and avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask
 - Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trashcan and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if your hands are visibly dirty.

- Clean your hands regularly (as described above)
- Regularly clean and disinfect surfaces that are touched frequently. Follow the manufacturer's instructions for cleaning and disinfectant products.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.
- Urine and feces can be disposed of in urinals and toilets.
- Garbage should be bagged and left outside for routine pick up. Special handling is not required.

If you do not adhere to this agreement

- The local health department will review the agreement with you, and attempt to assist you so you can remain under this agreement.
- Legal action, in the form of an involuntary isolation order, may be recommended if you do not follow the terms of this agreement because such actions on your part can put the health of others at risk.

For more general information about COVID-19, call the health department. You may also go to the Virginia Department of Health's webpage at www.vdh.virginia.gov/coronavirus or the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/coronavirus.

These instructions are in effect until you are told by health department staff that you are no longer potentially infectious to people around you.

Thank you for your cooperation and help during this public health emergency.

Sincerely,



Alexander Samuel, MD
 Health Director
 Chesterfield Health District.

 Printed Name:

 Signature:

 Date