



## **Waco-McLennan County Public Health District**

225 W. Waco Drive, Waco, Texas 76707

Phone 254-750-5411

Fax: 254-750-5405

Pursuant to [Texas Health & Safety Code § 81.083](#), the Local Health Authority for *McLennan County* recommends you follow the below mentioned instructions:

**Stay home except to get medical care** - You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis. In the event that you must leave your home for any reason, utilize a face mask at all times.

**Confirmed case only: Separate yourself from other people and animals in your home –**

- People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- Animals: You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask. See COVID-19 and Animals for more information.

**Call ahead before visiting your doctor** - Before your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, COVID-19 infection. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

**Confirmed Case only: Wear a facemask** - You should wear a facemask when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you, or they should wear a facemask if they enter the room.

**Cover your coughs and sneezes** - Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty.

**Avoid sharing personal household items** - You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water

**Clean your hands often** - Wash your hands often 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, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

**Clean all “High touch” surfaces every day –** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilations during use of the product.



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**Monitor your symptoms** – Monitor yourself for fever by taking your temperature twice a day and remain alert for cough or difficulty breathing.

### Instructions for temperature monitoring

- Take your temperature ORALLY (under your tongue) with a DIGITAL thermometer twice a day. Try to take your temperature at about the same times every day.
- If you are taking aspirin, Tylenol® (acetaminophen), or MOTRIN® (ibuprofen), take your temperature before your next dose.
- If you forget to take your temperature, take it as soon as you remember.

**Seek prompt medical attention** if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

### **DISCONTINUATION OF IN-HOME ISOLATION FOR CONFIRMED CASES**

If you had symptoms, take the following steps before you discontinue in-home isolation:

- **Symptoms have resolved. Home isolation may be discontinued when**
  - At least 3 days (72 hours) have passed since recovery, which is defined as:
    - No longer having a fever i.e.  $\geq 100.4^{\circ}\text{F}$  (measured when you are not taking fever-reducing medicine like Advil™, Tylenol™, or aspirin) AND
    - Significant improvement of your other symptoms AND
  - At least 10 days have passed since symptoms first appeared
- If your healthcare provider recommends it, you can also use the test-based strategy to determine when you can discontinue in-home isolation. In this strategy, you can discontinue home isolation when you:
  - No longer have a fever i.e.  $\geq 100.4^{\circ}\text{F}$  (measured when you are not taking fever-reducing medicine like Advil™, Tylenol™, or aspirin) AND
  - Have improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
  - Receive negative results of an FDA Emergency Use Authorized molecular assay for COVID-19 from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens).
  - Currently, antibody testing is not sufficient to meet discontinuation from in-home isolation criteria.
- **If you have not had any symptoms, take the following steps:**
  - Home isolation may be discontinued when at least ten days have passed since your first positive test result AND you have had no illness since receiving that test result.
    - If your healthcare provider recommends it, you can also use the test-based strategy to determine when you can discontinue in-home isolation. In this strategy, you can discontinue in-home isolation when you have negative results of an FDA Emergency Use Authorized molecular assay for COVID-19 from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens). Currently, antibody testing is not sufficient to meet discontinuation of in-home isolation criteria.

Some people, like those who have conditions that might weaken their immune system, may need a longer time after recovery to minimize the chance of spreading the virus. If you have such a condition, you should talk to your healthcare provider about how and when to discontinue isolation.



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**DISCONTINUATION OF IN-HOME ISOLATION FOR HOUSEHOLD CONTACTS OF CONFIRMED CASES**

Please refer to the attached document “Non-test-based strategy for releasing cases from home isolation and contacts from quarantine”.

If you have a medical emergency and need to call 911, notify the dispatch personnel that your symptoms consistent with COVID-19 and are being monitored by the Health Department. If possible, put on a face mask before the emergency medical services arrive.

[www.COVIDWACO.com](http://www.COVIDWACO.com) is great resource should you need assistance locating community assistance and resources during this time.

If you are unable to comply with any of the above mentioned instructions, please notify the Health District at [WacoEpi@wacotx.gov](mailto:WacoEpi@wacotx.gov).