

Isolation or Quarantine in a COVID-19 Response Location in King County

Isolation and Quarantine in a King County Recovery Location

Your Care Team

Your Care Team is available 24 hours a day on-site. They are here to support your recovery and will check in on you regularly.

You can access your care team by calling: _____

Code of Conduct

Individuals on site will follow the Resident Guidelines. These are meant to maintain a welcoming space for recovery and support.

- No weapons of any kind on the premises.
- There is a designated smoking area located _____. If you smoke please keep 6 feet distance from any other people.
- Please answer calls from the Care Team and return calls.
- Don't wait to ask for things you might need to be comfortable. Let the Care Team know so they have time to get you what you need.
- Be respectful of others recovering or awaiting results by respecting people's privacy, maintaining a low volume that cannot be heard outside your unit, and keeping a 6 foot distance from other guests.
- Visitors and pets are not allowed on-site. If you need support for safety and housing of your family or pets, please notify your Care Team.
- If required to make close contact with you, your Care Team will be fully protected with gowns, masks, face shields, and gloves.
- Please wear a mask if a care team member needs to come into your room or speak to you at the window.

Visitors

Visitors are not allowed on-site at any time to protect residents and Care Team members. To arrange for personal items to be delivered, contact the Care Team. Drop off times are from 8am-6pm. Please inform those dropping items off for you, they will not be allowed on-site.

Meal-times

Meals are delivered between 4pm and 6pm. Each bag contains meals for the next 24 hours. Your Care Team will knock on your door and leave the bag of food at your door. Please wait for the Care Team

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member to leave before retrieving. As much as possible maintain 6 feet from others to comply with physical distancing.

Housekeeping

If new linen, sheets, towels, or toiletries are needed, call the Care Team before 5:00 PM. Please leave soiled linens outside the door in a bag. Staff will drop the items off at the door. Wait for the Care Team member to leave before retrieving and maintain 6 feet from others to comply with physical distancing.

To discard full waste containers, please leave trash bag outside your door..

Medications

We have limited medications for symptoms if you need them, such as Tylenol and cough drops.

Symptom Self-Monitoring

People who develop emergency warning signs for COVID-19 should get medical attention immediately. Please contact your site care team if you experience:

- Fever, chills
- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- Confusion

Your Care Team will call to check in with you. They will let you know how often. If you do not answer or return their call, they will come check in with you and knock on your door or window.

Using facemasks during your stay

- If your care team will have contact or interaction with you, please put on a face mask. This could be in your room or outside your room. If you are arranged to be transported, this is a good time to protect yourself and others by wearing a mask.
 - Your care team may remind you to put on a mask.
 - Wash your hands thoroughly with soap and water for at least 20 seconds immediately after taking off a facemask and before touching anything else.

Self-care while in an isolation location

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You have been asked by Public Health — Seattle & King County to stay at a COVID-19 Recovery Location. If you have tested positive for COVID-19, we will follow the recommendations of healthcare professionals for your length of stay. The current guidance is to stay isolated until at least seven days after the onset of symptoms or 72 hours after a fever is gone—whichever is longer. Quarantine lasts for 14 days after exposure to someone with COVID-19. Your care team will tell you exactly when your isolation or quarantine can safely end.

We appreciate your cooperation and your contribution to keeping vulnerable members of our community safe. During this time, we ask that you remain in your unit until healthcare professionals state you are well. This is required to assist with health and public safety as isolation helps to slow the spread of infection across our community. We thank you for allowing us to care for you during this time and for the contribution you are making to the community by staying with us during your recovery from COVID-19. The care team will be available and provide everything you need for your health and wellness during this time.

Keeping spirits up while under the care of Public Health

Being under isolation or quarantine can create anxiety and stress. We have mental and behavioral health specialists available to support you if you are feeling this way. The job of your care team is to help you to heal quickly. Here are a few things you can do to support your wellbeing and healing:

- Find out what you can about the illness from reliable sources.
 - King County Department of Public Health Updates:
<https://www.kingcounty.gov/coronavirus>
- You will have a phone to keep in contact with friends and family. Talk to others in your support network about the illness and what you are experiencing. Speak up about what you need and what will help you through this time. Let your supports know what they can do to help you - a daily phone call, jokes, video chat, etc. Having a better understanding of the illness will reduce anxiety.
- Stay in regular contact with your care team for any medical or mental and behavioral health needs or any other needs you have. Your team will call you at least twice a day, and are available via phone if you need their support.
- Keep up a normal daily routine as much as safely possible. Help your body heal from this illness by resting, staying hydrated, eating regularly, etc.
- Maintain your selfcare and mindfulness practices. These may include meditation, reading, paying attention to what you need and are experiencing in the moment, or other practices you enjoy.
- Think about how you've coped with difficult situations in the past and reassure yourself that you will cope with this situation too.

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- Exercise as your body feels okay to do so. Exercise is a proven treatment for stress and depression. Options could include dancing, floor exercises, yoga, jumping jacks, etc. If there is a small item (yoga mat, exercise bands, jump rope, etc.) that you believe would support your health, please let your support team know.
- Family or friends may drop off personal items for you during your stay. Please notify your care team if someone is coming so the security guard knows to expect them. They will be able to leave items for you but will not be able to visit with you or enter the facility.

Reducing boredom while under the care of Public Health

Being confined to a COVID-19 Response Location in King County for an extended period of time can cause boredom, stress and conflict. Here are a few things you can do to support your wellbeing and healing:

- Arrange with your boss to work remotely and/or take sick leave
- Check in with your family and friends as often as you would like via phone.
- Let us know if there are supplies you would like such as coloring books or art supplies.

Where to get additional help

For mental and behavioral health support:

- Speak with your care team if you would like additional mental and behavioral health support during your stay:
 - Your care team will connect you via telephone with a therapist or clinician who is able to provide a mental/behavioral health assessment, brief counseling, case management, and interpreter services.
 - Notify your care team if you would like a behavioral health provider with expertise working with your cultural and/or religious traditions to contact you. In addition, your behavioral health provider has translators on call.
 - If you are concerned about alcohol or drug withdrawal symptoms, please contact your care team who can treat you to relieve or avoid symptoms.