



[E]

Person Awaiting Test Results
Notification for Possible COVID-19 Infection
Level 4 Quarantine – **ISOLATION**

RE: Notification of Person Awaiting Positive Test Results for the SARS-CoV-2, the virus that causes COVID-19 disease and **Order for Required Isolation**

The St. Louis County Department of Health (“DPH”) has been working diligently with local, regional, state and federal agencies to prevent the spread of the SARS-CoV-2 virus and the disease it causes, Novel Coronavirus 2019 (COVID-19). Local public health officials have been investigating potential cases of COVID-19 and identifying individuals who may have been exposed to this illness.

You are a person who has is currently experiencing symptoms of COVID-19 and you are currently awaiting test results. Accordingly, pursuant to, and in accordance with, the St. Louis County Department of Public Health’s Quarantine and Isolation Order, you are **ordered to isolate**, and considered to be at a **Level 4 Required Isolation**. Since the best way to prevent the spread of this illness is to avoid exposing others, the DPH requires that you maintain a period of isolation starting immediately and continuing until you receive a negative test result. If your test result is in fact positive, you must remain in isolation until you are no longer symptomatic and are cleared by DPH.

You must follow the steps below until you get your test results:

- **Stay at home until you get your test results.** You cannot go to work, school, or any public areas, and you cannot use public transportation or taxis/ride shares.
- **Guests.** You should not invite people inside your home except for those already living with you, law enforcement, fire department staff, emergency medical personnel, healthcare providers who are attending to healthcare needs for you or someone who lives in your home, public health officials or others approved by the DPH.
- **Outside activities during quarantine.** You may walk outside of your dwelling on your own property or leasehold but shall not come within six feet of other people. If you live in a multiple unit dwelling, you shall not utilize common stairways or elevators to access the outside to the greatest extent possible. You must refrain from walking outside of your own property or leasehold.
- **Monitor your symptoms.** You must watch for these signs and symptoms and call a healthcare provider if your symptoms worsen.
 - Fever. Take your temperature twice a day.
 - Coughing.

- Shortness of breath.
 - Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.
- **You shall notify your hospital of choice to provide the hospital the opportunity to prepare the capability to manage your assessment and treatment should that become necessary.**
 - **Call before seeking care at a medical facility.** If you develop symptoms consistent with COVID-19 illness, you will notify the medical facility at which you intend to seek medical care before your arrival. This will help the medical providers to take steps to keep others from getting infected. If you experience a medical emergency that necessitates calling 911, you do not need to call DPH first, but you will inform the dispatcher that you were potentially exposed to COVID-19, you have been ordered to self-quarantine so that EMS should take proper precautions.
 - **Wash your hands.** You must wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. You should avoid touching your eyes, nose, and mouth.
 - **Cover your coughs and sneezes.** You must cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. You should throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.
 - **Recommended Practices During Quarantine:**
 - Separate your living quarters and bathroom facilities from other people and secure against unauthorized access.
 - Do not come within six (6) feet of another person.
 - Have food and other necessities delivered to your living quarters.
 - Avoid sharing household items, like dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items, with people in your home. After using such items, wash them thoroughly with soap and water.
 - **Clean surfaces** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables at least once a day. Immediately clean any surfaces that have blood or other body fluids on them.
 - Use a diluted bleach solution or a household disinfectant with a label that says, "EPA approved."
 - To make a bleach solution at home, add 1 tablespoon of bleach to 4 cups of water. For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water. Use a freshly made bleach solution each day.
 - Read cleaning product labels and follow their recommendations.
 - **Cooperation with DPH.** You must cooperate fully with DPH, including responding in a timely manner to communications from DPH regarding your health status, a request for your present or past location, or any other information required by DPH.

- **Criteria for Release from Isolation.** You will be required to isolate yourself until you receive a negative test result. If the test comes back positive you will be notified by DPH and further directions will be given.

If you need to reach DPH staff for any reason, please call 314-615-2660.

Your failure to comply with your responsibilities as outlined above could result in legal action and pose a serious health risk to others.