

COVID-19 is a respiratory illness that can spread from person to person.

COVID-19 SYMPTOMS* may include **FEVER** (100.4°F/38°C or higher), **COUGH** or **TROUBLE BREATHING**.

Illnesses range from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Most people will have mild illness and be able to recover at home.

Follow these instructions to prevent disease spreading to people in your home and community.

If You Are Sick And Have Symptoms or Have a Positive COVID-19 Test:

- **Stay inside.** Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom, if possible.
- **Call 911 immediately** if you have danger signs, such as trouble breathing, pain or pressure in chest, confusion or inability to arouse, or bluish lips or face.
- **If you need to seek medical care**, call your health care provider and inform the office you are isolating for COVID-19 illness before going into the office.
- **Wear a facemask** (or a bandanna or scarf that covers your nose and mouth) when around other people and keep at least 6 feet away from others.
- **Cover your coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands often** with soap and warm water for at least 20 seconds.
- **Clean and disinfect high-touch surfaces everyday.**

What You Need to do During Self-Isolation:

- **Monitor your health.** Take your temperature twice a day; once in the morning and once at night. You will be required to share your symptoms through SARA Alert™ with the Health Department daily (see page 2).
- **It is important you stay home.**
 - ✗ Do not leave your house.
 - ✗ Do not spend time with others in your home.
 - ✗ Do not go for walks.
 - ✗ Do not go to school or work.
 - ✗ Do not run errands.

Connecting With the Health Department:

- **Sara Alert™** is a messaging service that sends daily email or text messages. When you enroll into Sara Alert™, you will always get a text message from the same phone number (844-957-2721) or email (notifications@saraalert.org).
- **Sara Alert™ will NEVER ask you** for money or information like Social Security Numbers (SSN), bank account details or credit card numbers.
- See enrollment details on page 2.

When You Can Be Around Others:

If you had COVID-19 symptoms, you can stop self-isolation when all 3 things have happened:

- ✓ You haven't had a fever for at least 24 hours (with-out the use of medicine that reduces fevers), **AND**
- ✓ Symptoms have improved and you have not developed new symptoms, **AND**
- ✓ At least 10 days have passed since symptoms started or since the date of your positive COVID-19 test.

If you tested positive for COVID-19 but did not have symptoms, you can stop self-isolation when both have happened:

- ✓ At least 10 days have passes since your positive COVID-19 test, **AND**
- ✓ You don't develop any new symptoms since the last test.

ISOLATION separates those diagnosed with COVID-19 from people who are not sick. In order to not infect others, it is important that you stay home in a separate room in the house.

*Other COVID-19 symptoms may include chills, fatigue, muscle pain, headache, sore throat, runny nose, nausea or vomiting, diarrhea or new loss of taste or smell.



Sara Alert™

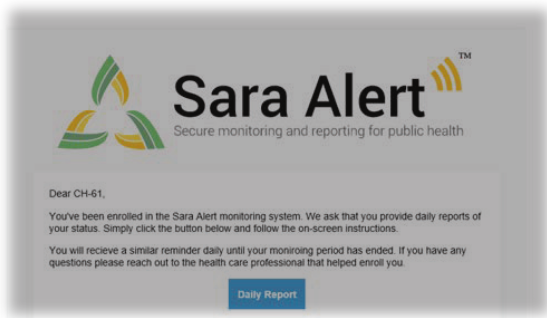
Sara Alert™ is a secure messaging service that sends a daily email or text message to you so you can report your symptoms to the Health Department while self-isolating or self-quarantining.

All persons self-isolating **are required to report their status daily** to the Health Department to decrease spread of illness at home and in the community.

Enrolling into Sara Alert™:

A representative from the Fairfax County Health Department will enroll you (or your family member(s)) into the Sara Alert™ system. During the enrollment process, you can choose your language as well as indicate your preference for how you will receive notifications. You can choose to text or email. *If you don't have a mobile device or access to email, you can opt to receive a voice phone call where you speak with a representative from the Health Department.*

In addition, you will choose the time of day you will receive a text, or voice phone call (*emails will come at the same time everyday*). You can select morning (8am to 12 noon); afternoon (12 to 4pm); or evening (4 to 8pm).



Welcome to Sara Alert™:

Upon enrollment, you will receive a “welcome message” (see above). You will continue to get daily messages for the duration of your self-isolation or quarantine period. The text messages will always come from the same number (844-957-2721) and the Caller ID for phone calls will display “VDH COVID TEAM.” If you opt for email, they will come from “notifications@saraalert.org.”



[fairfaxcounty.gov/health/novel-coronavirus](https://www.fairfaxcounty.gov/health/novel-coronavirus)

For questions about COVID-19, call the Health Department call center at 703-267-3511. The Fairfax County Health Department does not provide COVID-19 diagnosis or testing.

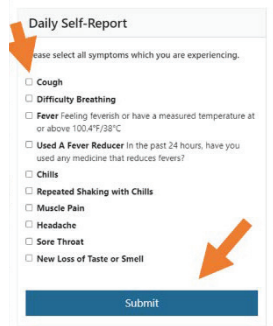
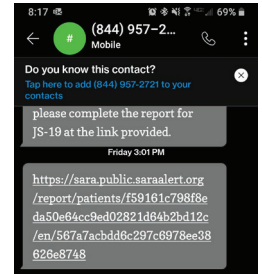
Reporting Symptoms:

Daily **text messages** include a link for you to open. When you open the link, you are offered a list of symptoms. Click on the symptoms you are currently experiencing and click submit.

If you are not experiencing any symptoms, simply click the “submit” button. This will record NO symptoms.

The **daily emails** offer a list of symptoms to check (see image, right). Click on the symptoms you are currently experiencing, then click “submit.”

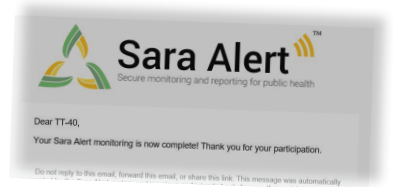
If you are not experiencing any symptoms, simply click the “submit” button. This will record NO symptoms.



The number of days you receive messages is dependent on your onset of symptoms, date of exposure, or date you received a COVID-19 test. You will need to respond to the daily alert everyday that you are enrolled in the Sara Alert™ system. If you do not respond, you will get a call from a Health Department representative after 24 hours to make sure you and everyone in your household are doing well. If we are unable to reach you, the Health Department may send COVID-19 response staff to your home to confirm your symptoms and wellness.

Returning to Work:

The Centers for Disease Control and Prevention (CDC) states that a test-based strategy is not recommended to determine when someone can discontinue home isolation or quarantine. Employers should not require employees to provide a negative COVID-19 test result or healthcare provider’s note to return to work. Share a screen shot of your Sara Alert™ text or email that indicates your self-isolation has ended.



SLOW THE SPREAD OF COVID-19

July 22, 2020

When You Can Be Around Others

Use the information below to determine when it is safe to leave your home and return to work.



I HAD COVID-19: WHEN CAN I RETURN TO WORK

The Centers for Disease Control and Prevention (CDC) states that a test-based strategy is not recommended to determine when someone can discontinue home isolation or quarantine. Employers should not require employees to provide a negative COVID-19 test result or healthcare provider's note to return to work. Share a screen shot of your Sara Alert™ text or email that indicates your self-isolation has ended. People can stop home isolation or quarantine and return to work when they have met all the conditions in boxes A, B or C below.

A

I HAD COVID-19 SYMPTOMS

Most people can stop self-isolation* at home when all 3 of these things have happened:

- ✓ You haven't had a fever for at least 24 hours (without the use of medicine that reduces fevers),
- AND
- ✓ Symptoms have improved and you have not developed new symptoms,
- AND
- ✓ At least 10 days have passed since symptoms started or since the date of your positive COVID-19 test.



If you have met all 3 conditions, you are cleared and no longer need to self-isolate.

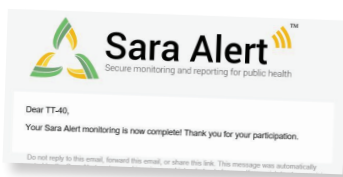
If you are immunocompromised, check with your doctor before ending isolation.



COVID-19 symptoms may include fever, cough, difficulty breathing, chills, fatigue, muscle pain, headache, sore throat, runny nose, nausea or vomiting, diarrhea or new loss of taste or smell.

TIP

Is your employer requesting a negative COVID-19 test result? Share a screen shot of your Sara Alert™ text or email that indicates your self-isolation has ended.



fairfaxcounty.gov/health/novel-coronavirus

For questions about COVID-19, call the Health Department call center at 703-267-3511. The Fairfax County Health Department does not provide COVID-19 diagnosis or testing.

B

I TESTED POSITIVE FOR COVID-19 BUT NEVER HAD SYMPTOMS

Most people can stop self-isolating* at home after both of these things have happened:

- ✓ At least 10 days have passed since your positive COVID-19 test,
- AND
- ✓ You don't develop any new symptoms since the test.



If you have met both conditions, you are cleared and no longer need to self-isolate.

**Isolation: sick people separate from people who are not sick.*

C

I WAS EXPOSED TO COVID-19

People need to quarantine** when they have spent at least 15 minutes within 6 feet of a person with COVID-19.

When you are quarantining because someone with COVID-19 lives in your household:

- ✓ Stay home and monitor for symptoms the entire time the person is home sick, and for 14 days after the sick person* is allowed to leave the house.

When you are quarantining because you spent time with someone with COVID-19:

- ✓ Stay home and monitor for symptoms for 14 days after the last time you interacted with the person.

If you have met both conditions, you are cleared and no longer need to quarantine.

***Quarantine: people who are exposed to COVID-19 but are not sick separate from others.*

