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COVID-19 Patient Information

Call 9-1-1 or go to the Emergency Room if you have emergency warning signs of COVID-19:

- **Trouble breathing. Breathing harder or faster than before or you feel like you are getting less air. It is hard to speak full sentences.**
- **Chest pain or pressure**
- **Blue face or lips**
- **New confusion or cannot think clearly**
- **Can't wake up or hard to stay awake**

This is not a full list of all possible symptoms. Seek help for any other severe symptoms that you are worried about.

Who needs to isolate?

- You have tested positive for COVID-19
- You have symptoms but have not yet tested
- You are waiting for COVID-19 test results

When can I stop isolation and be around others or return to work?

- You meet **all** 3 of the following criteria:
 - At least 10 days have passed since your symptoms first appeared
 - **AND** at least 24 hours have passed since you last had a fever (100.4°F or higher) **without** using fever-reducing medication (Advil, Tylenol, aspirin, etc.)
 - **AND** your symptoms are improving
- If you tested positive for COVID-19 but never had symptoms, self-quarantine until at least 10 days have passed since your test was done. If you develop symptoms, isolate until you have met the 3 criteria above.

Who needs to quarantine for 14 days?

- You had close contact with someone who has COVID-19, **even if** you tested negative. This is because symptoms may appear between 2-14 days after close contact. If you tested negative early, it is possible for you to test positive later.
- What counts as a close contact?
 - You were within 6 feet of someone who has COVID-19 for at least 15 minutes
 - You provided care at home to someone who is sick with COVID-19
 - You had direct physical contact with someone with COVID-19 (touched, hugged, or kissed them)
 - You shared eating or drinking utensils
 - They sneezed, coughed, or somehow got respiratory droplets on you