



# Golden Gate Regional Center

## ***WHAT TO DO IF YOU ARE SICK OR EXPOSED***

### **What to do if you are sick with fever, cough, shortness of breath, or other symptoms of COVID-19?**

Refer to CDC guidance through this link: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

### **What to do if a resident in your facility has fever, cough, shortness of breath, or other symptoms of COVID-19?**

1. Refer to the guidance provided in the Provider Information Notice (PIN) Summary from Department of Social Services dated March 13, 2020:  
<https://www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/ASC/PIN%2020-07-ASC%20COVID19%20Implementation%20with%20Statewide%20Waiver%20.pdf?ver=2020-03-13-175747-783>
2. Refer to the guidance from your local County Department of Public Health:
  - San Francisco - *Updated 03-19-2020*:  
<https://www.sfdcp.org/wp-content/uploads/2020/03/COVID19-LTCF-Guidance-FINAL-03.19.2020.pdf>
  - San Mateo:  
[http://www.ggrc.org/storage/documents/Coronavirus\\_COVID\\_19/COVID-19\\_SMCH\\_Long-Term\\_Care.pdf](http://www.ggrc.org/storage/documents/Coronavirus_COVID_19/COVID-19_SMCH_Long-Term_Care.pdf)
  - Marin County: Follow the above links for San Francisco or San Mateo and contact Marin County Department of Public Health at 415-473-7191.

### **What to do if a staff from the facility has been exposed to COVID-19?**

Refer to CDC guidance through this link: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

### **When can someone discontinue home or facility isolation?**

1. If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened (but continue to follow shelter in place order as applicable):
  - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)  
AND
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND
  - at least 7 days have passed since your symptoms first appeared.
  
2. If you will be tested to determine if you are still contagious, you can leave home after these three things have happened (but continue to follow shelter in place order as applicable):
  - You no longer have a fever (without the use medicine that reduces fevers)  
AND
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)  
AND
  - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

### **What to do if your facility needs PPE (Personal Protective Equipment)?**

- Contact your pharmacy vendor and check if the pharmacy can place orders for your facility.
- Contact your local County Department of Public Health.
- If there is a suspected or confirmed case in your facility, contact your GGRC residential liaison. GGRC has limited supply of N95 masks reserved for facilities with suspected or confirmed COVID-19 cases.