

Appendix 3.8

# COVID-19 Decision-Making Tool for Shelter Residents at



## JOINT SHELTER HOTEL PROJECT

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### Residents

Immediately tell shelter staff if you or someone in your family develops a fever or any new symptoms that may be compatible with COVID-19:

- Fever ( $\geq 100.4$  °F) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## What should I do?

Scenarios	Should I tell a staff member?	Should I get tested for COVID-19?
I screened myself for a fever and COVID-19 compatible symptoms and do not have any.	If someone asks, you can tell them you do not have any symptoms.	You do not need to be tested, but can attend a free COVID-19 <a href="#">Community Testing</a> event if you choose.
I do not feel well or have new COVID-19 symptoms.	You would need to isolate. You and your family would stay in your room and staff would deliver your meals to you.	You should be tested. Call your health care provider or work with staff to schedule a test.
I found out a family member, coworker, roommate, or friend tested positive for COVID-19.	We will help you determine if you were a close contact. If you need to quarantine, you and your family would stay in your room and staff would deliver your meals to you.	If you are not identified as a close contact, you do not need to be tested. If you are identified as a close contact, you should be tested. Call your health care provider or work with staff to schedule a test.
I found out someone I live with was exposed to a person with test-confirmed COVID-19 and they have to quarantine (e.g., child was exposed at school, roommate exposed at work). I was not a close contact to the person with test-confirmed COVID-19.	If someone in your family needs to quarantine, you and your family would stay in your room and staff would deliver your meals to you.	You do not need to be tested, but can attend a free COVID-19 <a href="#">Community Testing</a> event if you choose. The person who was exposed should be tested. Call your health care provider or work with staff to schedule a test.
I was tested for COVID-19 (e.g., community testing event), but I do not have symptoms and have not had close contact with a person with test-confirmed COVID-19.	We will help you decide if you need to isolate when your test-results come back. If you need to isolate, you and your family would stay in your room and staff would deliver your meals to you.	N/A

Scenarios	Should I tell a staff member?	Should I get tested for COVID-19?
I tested positive for COVID-19	During your isolation period, you and your family would stay in your room and staff would deliver your meals to you	N/A

## What is the difference between quarantine and isolation?

Isolation and quarantine help protect your family, friends, coworkers, and others by preventing exposure to people who have or may have COVID-19. When residents are in isolation or quarantine, meals and other necessities will be brought directly to resident rooms.

- Isolation separates sick people with COVID-19 from people who are not sick.
  - During isolation, people should stay home from work, stay in their rooms, avoid going out in public, and minimize contact with others as much as possible.
- Quarantine separates and restricts the movement of people who were exposed to COVID-19 to see if they become sick.
  - During quarantine, people should stay home from work, stay in their rooms, avoid going out in public, and minimize contact with others as much as possible.

Isolation time (10 days) is different from quarantine time (14 days).

- You will need to isolate until **all of the following** are true:
  - 10 days since symptoms started (if you did not have symptoms, 10 days from when you were tested for COVID-19)
  - Symptoms have improved
  - You have not had a fever for 24 hours and have not used any fever-reducing medicines (e.g., Tylenol, Ibuprofen)
- You will need to quarantine for **14 days** starting from your last contact with a person who has COVID-19.
  - If you were exposed to COVID-19, symptoms may appear 2-14 days after exposure to the virus