

COVID-19 Quarantine and Isolation Instruction



If you are sick with COVID-19 or think you may have it, **follow the isolation and/or quarantine steps below** to help yourself and to protect other people around you.

ISOLATION means separating sick people from people who are not sick.

QUARANTINE means keeping a safe distance from others after an exposure in case symptoms begin. It also means monitoring your health for symptoms.

Who should isolate?

- Anyone who has tested positive for COVID-19.
- Anyone who has symptoms of fever OR cough OR sore throat OR shortness of breath. Some people with COVID-19 have only mild symptoms, or their illness starts out as mild but gets worse over several days.

Who should quarantine?

- Anyone who had an exposure to someone who tested positive for COVID-19 or was exposed to someone likely to have COVID-19. That includes household members or anyone else meeting criteria for close contact at work or in other settings.

How can an exposure happen?

- COVID-19 is spread primarily when an infected, sick person coughs or sneezes and releases respiratory droplets near other people. These droplets can land in the mouths or noses of people nearby or possibly be inhaled into the lungs.
- Exposure to COVID-19 can happen when you are in close contact with someone who has symptoms. Public health experts define close contact as being within 6 feet for 10 minutes or more with someone who is sick, or being coughed or sneezed on in the face.
- There is still much to learn about whether COVID-19 can be spread from touching contaminated surfaces. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose, or eyes without washing their hands.
- After an exposure, it can take up to 14 days for COVID-19 symptoms to develop if the exposure leads to infection.

How long should you follow quarantine?

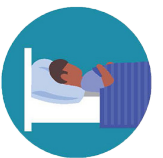
- Close contacts of persons with confirmed or likely COVID-19 should self-quarantine for 14 days from the time of their last contact with the person.

What if you develop symptoms while in quarantine?

- You may have COVID-19. Contact your health care provider.
- Stay home and follow isolation instructions even if you are not tested for COVID-19.

Stay home except if you need medical care

- If you are sick with COVID-19 symptoms, **ISOLATE** yourself from contact with others.
- Stay home and stay away from others. In general, a person's residence is the preferred setting for quarantine and isolation. Pay particular attention to stay away from seniors, people with weak immune systems, and people with chronic diseases.
- Do not go to work outside your home if you are sick. If you are quarantined, refer to your supervisor for policies regarding work.
- Avoid public places.
- Try to make arrangements for someone to drop off necessary supplies outside your home.



Monitor your symptoms

- Take your temperature once or twice a day to be sure you do not have a fever (greater than 100.4 F) and whenever you feel feverish.
- Watch for symptoms of COVID-19 including a new fever OR cough OR sore throat OR shortness of breath.
- Stay in touch with your health care provider.
- If you are concerned about the severity of your symptoms, call your health care provider **BEFORE** seeking medical care in person.
- If your condition requires calling 911, tell the 911 operator you have or may have COVID-19.
- Discussions about COVID-19 testing should be made with your health care provider.



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Separate yourself from other people in your home

- As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- Restrict contact with pets and other animals, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.



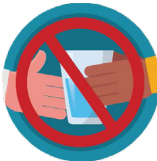
Clean hands often

- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing or sneezing, going to the bathroom, and before eating or preparing food.
- If soap and water are unavailable, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding.
- Wash dishes, drinking glasses, cups, and utensils well with soap and water or put in the dishwasher.



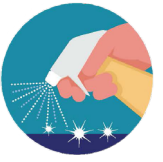
When can isolation end?

- Once you have had no fever for at least 3 days without using fever-reducing medication **AND**
- Once your symptoms greatly improve for at least 3 days **AND**
- Once at least 10 days have passed since your symptoms first appeared.



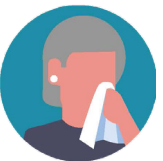
Clean frequently touched surfaces every day

- Routinely clean commonly touched surfaces in your “sick room” and bathroom. Let a caregiver clean and disinfect commonly touched surfaces in other areas of the home.
- If a caregiver needs to clean and disinfect a sick person’s bedroom or bathroom, they should wear a mask and wait as long as possible after the sick person has used the bathroom.
- Commonly touched surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- Clean and disinfect areas that may have blood, stool, or body fluids on them.
- Clean with soap and water or another detergent if a surface is visibly dirty. Then use a household disinfectant. Be sure to follow instructions on the label to ensure safe and effective use of the product. Most EPA-registered household disinfectants should be effective.



Cover your coughs and sneezes

- Cough or sneeze into your sleeve or cover your mouth and nose with a tissue. Throw used tissues in a lined trash can.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are unavailable, use an alcohol-based hand sanitizer with at least 60% alcohol.



Additional instruction for first responders and health care workers

- First responders, health care workers, and people who work in a long-term care facility must immediately report your illness to your health care facility supervisor.
- Follow the facility instructions and protocols for how long to stay home and when you are permitted to return to work.



Updated 5/5/2020

If you develop emergency warning signs for COVID-19, get medical attention immediately. Emergency warning signs include:

- Difficulty breathing or shortness of breath

- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- * This list is not all-inclusive

Public health agencies have the legal authority to issue quarantine and isolation orders.