

When you are SICK with COVID-19 symptoms, ISOLATE yourself from contact with others.

Sick people are the source of infection to other people.

- **ISOLATION** means separating sick people with COVID-19 from people who are not sick.



- **Who should be isolating themselves?**

- Anyone who has tested positive for COVID-19.
- Anyone who has symptoms including a new fever, cough, shortness of breath, change in taste or smell, sore throat, body aches, fatigue, nausea, diarrhea..

- **What does it mean to isolate yourself?**

- Stay home and stay away from others. In general, a person's residence is the preferred setting for isolation.

Pay particular attention to stay away from seniors, people with weak immune systems, and people with chronic health problems.

- Do not go to work outside of your home.
- Do not go to school or child care.
- Do not go to public places.
- Try to make arrangements for someone to drop off necessary supplies outside your home.



- **Monitor your symptoms**

- 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 that you have or might have COVID-19.
- Discussions about COVID-19 testing should be made with your health care provider.



- **How long do you have to stay home and stay away from others?**

- At least 10 days have passed since your first symptom appeared

AND

- At least 24 hours have passed since your fever resolved without using fever reducing medicine

AND

- Your symptoms have gotten better for at least 24 hours



- **What if I tested positive but never had symptoms?**

- Stay home for 10 days after your first positive test.

- Health care workers, first responders, and people who work in a long term care facility have additional instructions. You must immediately report your positive test result or 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.



- Because of the rapid increase in COVID-19 cases, public health is asking sick persons to voluntarily comply with isolation. However, public health agencies have the legal authority to issue a public health order to mandate isolation.

More information on back....

When you have been EXPOSED to someone who is sick with COVID-19 symptoms, you are at risk for developing illness

● How can an exposure to COVID-19 happen?

- COVID-19 is spread primarily when an infected person talks, coughs or sneezes and releases respiratory droplets near other people. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Exposure to COVID-19 can happen when you are in close contact with someone who has active symptoms, but also during the 48 hours before that person's symptoms started. Close contact is defined as being within 6 feet for 15 minutes or more with that person, or being directly coughed or sneezed on in the face.
- After an exposure, it can take up to 14 days for COVID-19 symptoms to develop if the exposure leads to infection.

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

- Quarantine is for people who are not sick, but who may have been exposed to the virus and may be at risk of transmitting illness to others. During quarantine, stay away from others until 14 days have passed since your last contact with someone who has or might have COVID-19.

● Who should follow quarantine instructions?

- Anyone who had close contact with someone who tested positive for COVID-19 or has an illness that could be COVID-19.

● How long do you need to follow quarantine?

- Public health recommends a full 14-day quarantine as the best way to reduce disease spread. However, CDC has two alternative options for shortening quarantine if you are having hardship by staying home. An exposed person may shorten quarantine in the following situations:
- Quarantine can end after Day 10 if no symptoms have developed during daily monitoring; a test is not required.
- Quarantine can end after Day 7 if no symptoms have developed during daily monitoring and if you have a negative molecular or antigen test. The test must be collected within 2 days of the planned end of quarantine (in other words, 5 days after exposure), and a negative test result must be back before ending quarantine.
- Under no circumstances should the quarantine end before 7 days have fully passed.

● What does it mean to monitor your health?

- You must monitor yourself for symptoms every day while in quarantine. If you get sick, then isolate yourself from others, seek medical advice, and get a COVID-19 test.
- 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.
 - Other additional symptoms that could be early signs of infection include body aches, extreme tiredness, runny nose, or chest congestion.
- As the pandemic continues, more and more people might be exposed and you might not even realize that an exposure occurred. Be safe and monitor your health every day.



● What are the instructions for quarantine?

- Refer to your supervisor for policies regarding work, work at home, or exclusion from work.
- Avoid public places.
- Avoid traveling by airplane, ship, long distance bus, or train.
- Avoid using public transportation or ride-sharing services.
- If you do not have fever or respiratory symptoms, you may participate in limited outdoor activities as long as you practice social distancing.
- Even with a shortened quarantine, you should still continue to monitor for symptoms through quarantine Day 14. If you get sick then isolate yourself from others, seek medical advice, and get a COVID-19 test.
- Continue to wear a mask, stay at least 6 feet away from others, and wash your hands often.



● What if you develop symptoms while in quarantine?

- You might have COVID-19. Consult with your healthcare provider.
- Stay home and follow isolation instructions even if you are not tested for COVID-19.
- 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 that you might have COVID-19.