



In an effort to protect yourself, and your community, follow these steps to help reduce community spread and COVID-19's effect on your home.

### IF COVID-19 POSITIVE:

- **Stay home** except to get medical care.
  - **Restrict activities outside your home**, except for getting medical care.
  - **Do not** go to work, school or public areas.
  - **Avoid using public transportation**, ride-sharing services or taxis.
  - **Separate yourself** from other people and animals in your home.
- **People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
  - **Animals:** You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask.



**Call ahead before visiting your doctor.** If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.



**Wear a facemask.** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.



**Cover your coughs and sneezes.** Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands as described below.



**Clean your hands often.** Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty.

**Avoid touching your eyes, nose and mouth with unwashed hands.**



**Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



**Clean all "high-touch" surfaces every day.** High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Also, clean any surfaces that may have blood, stool or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.



**Monitor your symptoms.** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing, higher fever). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.



**Ask your healthcare provider to call the local or state health department to discuss your situation.** If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have, COVID-19. If possible, put on a facemask before emergency medical services arrive.

## DISCONTINUING HOME ISOLATION

For individuals with symptoms who are confirmed or suspected cases of COVID-19 and are directed to care for themselves at home, **discontinue home isolation under the following conditions:**

### 72 HOURS NO FEVER

You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

AND

### IMPROVED SYMPTOMS

Other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

### 10 DAYS PASSED

At least ten days have passed since your symptoms first appeared



**Questions?** Contact the nurse hotline to speak with a nurse or care coordinator at **1-855-206-9675 for more information.**