

If you have been tested for the virus that causes COVID-19, you must stay at home and isolate yourself until the test results are returned. Isolation/quarantine means to stay separate from other people, so that sickness is not spread. Depending on your test results, you will either be allowed to return to regular activity, or will have to continue isolation/quarantine until the Health Department instructs you to stop. Your Local Health Department will be contacting you to verify that you have received and can follow these instructions. If you have not been contacted, please call your Local Health Department immediately!

Follow these guidelines while in isolation:

- **Stay home:** Stay in your home or apartment until you are instructed that you can leave. If you need medical care, call ahead so that staff can prepare for your arrival. **DO NOT** go to your doctor's office, an ER or urgent care center without informing them that you are coming, and that you have the coronavirus. **(Call 911 if you have a medical emergency, and tell them you may have coronavirus.)**
- **Avoid public areas:** Do not go to work, school or any public areas. This includes, but is not limited to, activities such as going to the grocery store, walking the dog, visiting the laundromat, going to the movies, picking up food, and attending church. **STAY HOME.**
- **Avoid public transportation.** Stay off of all public transportation like buses, subways, trains and planes; ride-sharing like Uber or Lyft; or taxis. **STAY HOME.**
- **Separate yourself from other people and animals in your home:**
 - **Stay away from others, even your partner or children:** As much as possible, stay in a specific room and keep away from other people in your home. Use a separate bathroom from the rest of your household. If you must share a bathroom, someone in your household will need to clean the bathroom every time you use it by disinfecting door knobs, bathroom fixtures and other "high-touch" surfaces.
 - **Consider limiting contact with pets and other animals:** That includes not snuggling, being kissed or getting licked by your pet, or sharing food.

Although you'll mostly be alone when you are in isolation, you still have to follow the same hygiene protocols the CDC recommends for people who are out in public. That means:

- **Cover your cough and sneezes.**
 - Cover your mouth and nose with a tissue when you cough or sneeze, and throw used tissues in a lined trash can. Alternatively, cough or sneeze into your elbow.
- **Clean your hands often.**
 - **Wash hands:** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Soap and water are the best option if hands are visibly dirty.
 - **Hand sanitizer:** If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
 - **Avoid touching:** Avoid touching your eyes, nose and mouth with unwashed hands.
- **Avoid sharing personal household items.**
 - **Do not share:** You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home.
 - **Wash thoroughly after use:** After using the above items, they should be washed thoroughly with soap and water/laundered with detergent.
- **Clean all “high-touch” surfaces every day.**
 - **Clean and disinfect:** Regularly clean high-touch surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - **Disinfect areas with bodily fluids:** Clean any surfaces that may have blood, stool or body fluids on them.
 - **Household cleaners:** Use a household cleaning spray or wipe, and follow the label instructions. Labels contain directions for safe and effective use of the cleaning product, including any 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 medical attention:** seek immediate medical care if your illness is worsening (such as difficulty breathing). Call ahead and tell your healthcare provider that you have, or are being tested for, COVID-19. Put on a face mask before entering the facility to prevent further spread of illness.
- **Discontinuing home isolation.**
 - Stay at home until instructed to leave by your healthcare provider or the Health Department.

Self-quarantine tips if you're sick with COVID-19

DO



Stay home, avoid public areas and mass transit.



Isolate yourself from others in your home.



Use a separate bathroom, if possible.



Call ahead before visiting the doctor.



Wash your hands often.



Wear a face mask around other people and pets.



Cover coughs and sneezes.

DON'T



Go outside for any reason.



Let in any non-essential visitors.



Have contact with pets and other animals, if possible.



Share space with housemates, if possible.



Share dishes, utensils, cups, towels or bedding.



Go to the doctor without calling ahead.



Discontinue home isolation until instructed.

Source: CDC