

## WHAT TO DO IF YOU ARE IN ISOLATION FOR COVID-19

### If you have tested positive for COVID-19 and are in isolation at home, you should follow these guidelines:

<b>Stay home, except to get medical care.</b>	<ul style="list-style-type: none"> <li>Stay home while you are sick, even if you only have mild illness.</li> <li>Get rest and drink plenty of fluids.</li> <li>Do not go to work, school or public areas.</li> <li>Avoid using public transportation such as buses, trains, taxis, or ride-shares.</li> <li>If someone in your household has tested positive for COVID-19, <b>the entire household should stay home.</b></li> </ul>
<b>Separate yourself from other people and animals in your home.</b>	<ul style="list-style-type: none"> <li>Stay in a specific room away from others in your home.</li> <li>Avoid sharing dishes, cups, utensils, towels, or bedding with other people or pets in your home.</li> <li>After using any of these items, wash them thoroughly with soap and water.</li> <li>Limit contact with pets while you are sick. Avoid petting or sharing food with your pets.</li> <li>If possible, have someone else in your household care for your pets.</li> <li>If you must take care of a pet, wash your hands before and after you interact with pets and wear a facemask.</li> </ul>
<b>Wear a facemask when around other people or pets.</b>	<ul style="list-style-type: none"> <li><b>Wear a facemask if you are in a room or vehicle with other people or pets.</b></li> <li><b>Put a facemask on before you go into a doctor's office.</b></li> <li>If you are unable to wear a mask (for example, if it causes trouble breathing), other household members should wear a mask if they enter your room.</li> </ul>
<b>Cover your coughs and sneezes.</b>	<ul style="list-style-type: none"> <li>Cover your mouth and nose with a tissue when you cough or sneeze; put used tissues in a lined trash can.</li> <li>Wash your hands right after you cough or sneeze.</li> </ul>
<b>Wash your hands frequently.</b>	<ul style="list-style-type: none"> <li>Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, and going to the bathroom, and before eating or preparing food.</li> <li>If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.</li> </ul>
<b>Clean all frequently touched surfaces daily.</b>	<ul style="list-style-type: none"> <li>Clean and disinfect all surfaces that get touched often, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.</li> <li>Disinfect areas with bodily fluids such as blood, stool, or other body fluids on them.</li> <li>Use a household cleaning spray or wipe, according to the label instructions.</li> </ul>
<b>Call ahead before visiting a doctor and monitor your symptoms.</b>	<ul style="list-style-type: none"> <li>Seek prompt medical attention if your illness is getting worse (e.g. difficulty breathing).</li> <li><b>Call the doctor's office <i>BEFORE YOUR GO</i></b> and tell them you have, or may have, COVID-19.</li> <li><b>Put on a facemask before you enter the building</b> to help keep other people in the office or waiting room from getting sick.</li> </ul>
<b>SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE ANY OF THESE SYMPTOMS:</b>	<ul style="list-style-type: none"> <li>Difficult breathing or shortness of breath; bluish lips or face</li> <li>Pain or pressure in the chest that doesn't go away</li> <li>New confusion or inability to arouse</li> <li><b>If you have any of these symptoms, call 911 and tell dispatch personnel you have, or may have, COVID-19.</b></li> <li><i>We are required to notify EMS of your name, address and positive COVID-19 test result, so they will be aware of the need to wear protective equipment (gown, gloves, mask, and face shield/goggles).</i></li> </ul>