

## **CORONAVIRUS (COVID-19): WHAT TO DO DURING SELF-QUARANTINE**

If you had close contact with a person who has COVID-19, the Virginia Department of Health recommends that you stay at home, or self-quarantine, for 14 days after the last time you saw the person who is sick. Close contact includes:

- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 15 minutes, or
- Being in direct contact with secretions from a sick person with COVID-19 (being coughed or sneezed on, kissing, sharing utensils, etc.)

<b>If you are asked to self-quarantine you should follow these guidelines:</b>	
<b>Stay at home for 14 days and avoid contact with others</b>	<ul style="list-style-type: none"> <li>• If there are others in your household, try to limit contact by staying in a specific room</li> <li>• Use a separate bathroom if available</li> </ul>
<b>Practice social distancing</b>	<ul style="list-style-type: none"> <li>• Keep a distance of at least 6 feet from others</li> <li>• Do not go to work or school during this period</li> <li>• Telework or long-distance learning is encouraged if that is an option available for you.</li> <li>• Your local health department can give you a letter excusing you from work or school, if needed.</li> <li>• Do not take public transportation such as buses, trains, taxis, or ride-shares</li> <li>• Avoid public spaces, public activities, and group gatherings.</li> <li>• A family member or friend who did not have any COVID-19 exposures may bring items to your door, but must stay at least 6 feet away from you and may not enter the home.</li> <li>• If necessary, your local health department can ensure that your basic needs (for example, food and medication) are being met.</li> </ul>
<b>Monitor your health</b>	<ul style="list-style-type: none"> <li>• Take your temperature with a thermometer two times a day (once in the morning, once at night.) and record</li> <li>• Watch for cough or trouble breathing.</li> </ul> <p><b>If you have any of the following symptoms call your health care provider or Urgent Care:</b></p> <ul style="list-style-type: none"> <li>• Fever (100.4<sup>0</sup> or higher)</li> <li>• Cough</li> <li>• Trouble breathing</li> </ul> <p><b>If you are mildly ill:</b></p> <ul style="list-style-type: none"> <li>• Isolate at home</li> <li>• Stay away from others</li> <li>• Get rest and drink plenty of fluids</li> </ul> <p><b>If you are seeking medical care <u>CALL FIRST</u> :</b></p> <ul style="list-style-type: none"> <li>• Tell them you may have COVID-19 due to your recent contact and your symptoms</li> <li>• <b>Put on a face mask before you go in</b> to keep other people in the office or waiting room from getting sick.</li> </ul> <p><b>If you need emergency medical care, call 911 and notify dispatch personnel that you may have COVID-19. We are required to notify EMS of the name and address for patients who have positive COVID-19 test results.</b></p>