



COVID-19

Guide to Home Isolation

If you have confirmed or suspected Covid-19, you should:

Stay at home, except to get essential medical care. Including:

- Work, school, or public areas
- Public transportation, rideshare, or taxis
- Separate yourself from others in the home, as much as possible. Stay in a separate room and use a separate bathroom, if possible.
- Wear a facemask when you visit a healthcare provider.
- Cover your coughs and sneezes with a tissue or your elbow.
- Wash your hands often with soap and warm water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Do not share household items like dishes, cups, eating utensils, and bedding.
- Cancel all non-essential medical appointments and call ahead to your provider before you attend essential medical appointments.

Monitor your symptoms until you are no longer experiencing symptoms.

Watch for worsened:

- Fever (take your temperature twice a day), coughing, shortness of breath, body aches, sore throat, headache, diarrhea and/or vomiting



You should stay in home isolation until

- 7 days after your fever and other symptoms first started AND
- 72 hours after your fever and other symptoms are gone