Tips for COVID-19 Self-Isolation

If you have recently traveled from a country in which coronavirus (COVID-19) is present, you could be asked to "self-quarantine" before interacting with others. Hearing that you are "being quarantined" may feel a little scary, but the goal of this period of time is simply to ensure that you are healthy, while also protecting others from exposure to illness.

What to have on hand

Some people may self-quarantine in their own homes, but others may need to relocate. People may be quarantined together (household members, partners and caregivers).

A self-care kit should include:

- Digital thermometer (for daily use)
- Water bottle (stay hydrated!)
- Temperature & symptom log (see next page)
- Face masks (if you need to use a shared bathroom, health care facility, etc.)
- Hand sanitizer (for times you can't wash)
- Alcohol wipes (for cleaning, as needed)

SELF-CARE KIT ITEMS

While in self-isolation

You can still connect with friends and family via computer and phone. However, **do not break quarantine until after 14 days have passed**, or 14 days after the last returning traveler joins your shared living space.

Monitor your symptoms

Seek prompt medical attention if your illness worsens (e.g., if you experience difficulty breathing). Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency services arrive.

100.4° +

SYMPTOMS

Symptoms related to COVID-19 include:

- Fever (above 100.4 °F)
- Cough
- Shortness of breath
- Runny nose
- Headache
- Muscle aches
- Sore throat
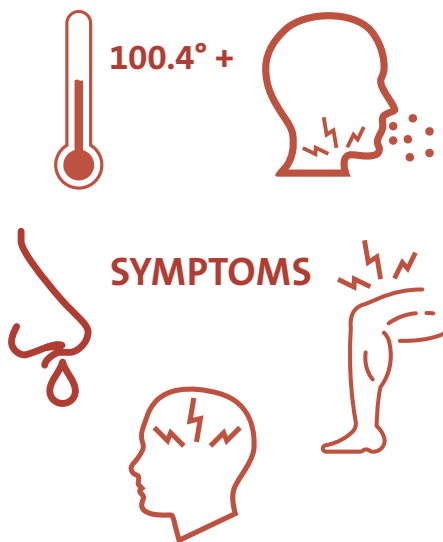
Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid public transportation, ride-sharing, and taxis.

Wear a facemask

If you are infected, you should wear a facemask when you are around people or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask, people who live with you should not stay in the same room or should wear a facemask if they do.

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 provider's office take steps to keep others from getting infected or exposed. Put on a facemask before you enter the facility.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds or clean your hands with alcohol-based hand sanitizer that contains 60 to 95% alcohol. Soap and water should be used if hands are visibly dirty. Avoid touching your face with unwashed hands.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a trash can; immediately wash your hands or use an alcohol-based hand sanitizer.

Clean all "high-touch" surfaces everyday

Clean high-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Pay attention to instructions for safe and effective use of the cleaning products.

Separate yourself from other people and animals in your home

As much as possible, stay in a specific room away from other people and animals in your home. Use a separate bathroom, if available. There have not been reports of animals becoming sick with COVID-19, but it is still recommended that infected people limit contact until more is known about the virus. If you must care for animals while sick, wash your hands before and after you interact with pets and wear a facemask. You should also not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with people or pets in your home. After using these items, they should be washed thoroughly.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of transmission to others is considered low. The decision to discontinue home isolation should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.