

## Isolation Instructions:

- Do not leave the house except for urgent medical care. If your symptoms worsen, consider making a telehealth appointment. If you need to go to a health care facility, make sure to call in advance so your health care provider knows that you have been diagnosed with COVID-19 so they can take steps to keep themselves and other patients safe. Wear a mask or cloth covering, if possible. Do not take public transportation, ride shares, or taxis.
- Always keep 6 feet from other people.
  - If you have a mask, you should always wear it when around other people, even when maintaining 6 feet distance.
  - Anyone you come in contact with within your household should wash their hands often and wear a mask if possible whenever they are in close contact with you. If this isn't possible, limit your time with them to 5 minutes or less.
- Do not have any visitors in your home.
- Avoid touching your face as much as possible.
- If possible, use a separate bathroom.
- You should use your own plate, bowls, and utensils – do not share food with anyone.
- Avoid sharing other personal household items (combs, cups, sheets/blankets, etc.). Wash your laundry separately with detergent; bleach can be used but is not needed.
- Cover your mouth with a tissue when coughing or sneezing and throw the tissue away.
- Wash your hands frequently throughout the day with soap and water for at least 20 seconds.
  - Before and after preparing food for yourself (do not prepare food for others)
  - Before and after eating
  - After going to the bathroom
  - After sneezing, blowing your nose, or touching your face
- Wipe down surfaces that you touch frequently with disposable clothes using bleach if possible or household cleaners. Your bathrooms should be cleaned everyday using a household disinfectant. Wear gloves when cleaning if possible.
- Your gloves, tissues, masks, and other trash should be put in a bag, tied closed, and put with other household trash.
- Anyone you come in contact with (including anyone in your home) must watch themselves for fever, cough, and other symptoms.
- Consider increasing the ventilation in your home by opening windows, if possible.
- Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately.
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face