



Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County

Isolation Instructions for People with COVID-19



Name: _____

ISOLATION: If you have tested positive for COVID-19 or have COVID-like symptoms and are awaiting test results, please follow these home isolation instructions to prevent the disease from spreading to other people in your home and community.

Why Do I Need to Isolate Myself From Others?

Most people with COVID-19 have mild illness that can be treated at home. Even if your illness is mild, or you don't have any symptoms at all, you can still infect others. Self-isolating and monitoring your health status is an important step in controlling the spread of COVID-19. Your willingness to protect your family and others in your community is appreciated by Public Health- Dayton & Montgomery County.



<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>

Stay at Home Except to Get Medical Care

- Do not go to work or school.
- Do not run errands. Have others help with activities such as grocery shopping.
- If you do not have someone to help, arrange for food and other necessities to be delivered & left outside your door.
- Do not go to public areas such as parks, gyms, restaurants or bars.
- Do not attend parties or small family events.
- If medical care is needed, CALL your doctor or the hospital first and tell them you are in isolation for COVID-19 so they can be prepared.
- If you do need to see a medical provider, and have called and been told to come in:
 - o DO wear a face mask.
 - o DO NOT enter the building until you are instructed to do so.
 - o DO NOT wait in the waiting room with others.
 - o Public transportation should be avoided unless absolutely necessary. Sit away from others and wear a mask.
 - o If you cannot drive yourself, keep as much distance as possible between you and the driver, leave windows down, and everyone in the vehicle should wear a mask.
- Seek prompt medical care if your symptoms get worse especially if you are at higher risk for serious illness. This includes people age 65 and older, pregnancy, other chronic diseases, or a weak immune system.



***Call 911 for emergency warning signs** (see page 2 for emergency warning signs.)

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Thank you for your cooperation in this important public health matter.

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CORONAVIRUS (COVID-19) EMERGENCY WARNING SIGNS

People who develop emergency warning signs for COVID-19 should get medical attention **immediately**.
Emergency warning signs include*:



Difficulty breathing



Pressure or pain in chest



Bluish lips or face



Confused or hard to wake



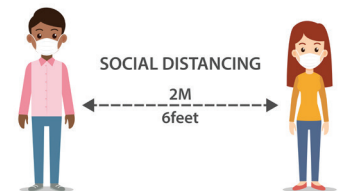
Other serious symptoms



*This list is not all inclusive. Please consult your doctor for any other symptoms that are severe or concerning.

Separate Yourself From Others in Your Home

- Stay by yourself in a well-ventilated room with the door closed.
- If possible, do not share a bedroom with anyone else.
- Use a separate bathroom/toilet if possible. Clean the bathroom after each use.
- Do not allow visitors into your home, including friends and family.
- Do not make contact with people at the front door.
- Do not prepare or serve food to others. Do not sit with others during meals.
- Do not handle pets or other animals, maintain social distancing from pets.
- If you must be out of your 'sick room', wear a mask and stay at least 6 ft away from others. Minimize contact with other people in your home.
- Face masks should not be touched or handled during use.
- Avoid sharing any household items with others or pets (dishes, utensils, towels, toothpaste tubes, bedding, clothing).



COVID-19 and pets:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/covid-19-pets-prevention.pdf>

Safely wear and take off a face mask:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>

Guidance for large households:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/living-in-close-quarters.pdf>



Hygiene and Cleaning

- Wash your hands often with soap and water for at least 20 seconds.
- Alcohol-based (60%) hand sanitizer can be used if soap and water are not available.
- Use disposable paper towels to dry your hands and dispose of in your own trash can.
- Empty and disinfect your own trash can.
- Wash dishes & utensils thoroughly with soap and water; dishwashers may be used.



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Hygiene and Cleaning (continued)

- Clean and disinfect high-touch surfaces every day. Use cleaning products according to label instructions.
- Do not shake dirty laundry to avoid dispersing virus into the air.
- Laundry should be stored in a separate bag or hamper until ready to be washed.
- Laundry from a sick person can be washed with other household laundry.

Follow other cleaning and disinfecting instructions here:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/disinfecting-your-home.pdf>



When Will My Isolation End?

For most people with COVID-19, isolation can be discontinued 10 days after symptom onset, and resolution of fever for at least 24 hours without the use of fever-reducing medications, and with improvement in other symptoms.

Retesting within 3 months after the date of your symptom onset from the initial COVID-19 infection (and those who were asymptomatic) is NOT recommended.

Employers should not require multiple negative test results to return to work if the above criteria have been met.

Those who were severely or critically ill, or who are severely immunocompromised, the recommended duration of isolation and precautions are extended to 20 days after symptom onset.

Decisions about ending isolation in this circumstance, and for other situations, may need to be made in conjunction with your healthcare provider.



* Medical clearance decisions and letters to return to work should be supplied by your medical provider.

What About My Close Contacts?

Close contacts may be people in your home, people who take care of you, and your intimate partners. A close contact is also anyone who was within 6 feet of you (even while wearing a cloth mask) for at least 15 minutes starting from 48 hours before illness onset until the time you were isolated. If you are a close contact, but have been vaccinated, you do not need to quarantine but should wear a mask when around others and monitor yourself for symptoms for 14 days. If symptoms develop you should get tested as soon as possible and self-quarantine until the results of the tests are known.

- You should notify anyone who has had close contact to you that you are COVID-19 positive and they should immediately quarantine themselves for 14 days after their last contact with you. Close contacts should call their health care provider if they have questions.
- They should self-quarantine even if they feel well because it can take 2-14 days for them to show symptoms.
- They must complete the full 14-day quarantine, even if they test and the result is negative.
- While quarantining, close contacts should self-monitor for COVID-19 symptoms. Symptoms may include fever over 104 degrees Fahrenheit or chills, cough, shortness of breath, difficulty breathing, fatigue, congestion, runny nose, nausea, vomiting, body aches, headache, loss of taste or smell, sore throat, and diarrhea.
- Public Health will also provide education to your close contacts, while keeping information about you confidential. Your identity will not be revealed.

If needed, you may show this isolation guidance to your employer as evidence that Public Health has asked you to isolate.