

## COVID-19 SELF-ISOLATION

Self-isolation helps stop the coronavirus disease (COVID-19) from spreading. **DO NOT** leave your home if you have symptoms of COVID-19 or live with someone who does.

### IF YOU ARE REQUESTED TO SELF-ISOLATE

1. Do not leave your home for any reason – if you need food or medicine, order them by phone or online, or ask someone else to drop them off at your home
2. Do not have visitors, such as friends and family, in your home
3. Avoid using public transportation, ride-sharing, or taxis
4. You can use your garden, if you have one, any exercise should be taken at home
5. You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask, if possible
6. Clean your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
7. Clean high-touch areas daily including doorknobs, counters, tabletops, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.
8. Monitor your symptoms, contact your primary care provider if your symptoms are worsening.

### WHEN TO SEEK MEDICAL ATTENTION

If you develop any of these emergency warning signs for COVID-19 get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*\*This list is not all inclusive. Please consult your primary care provider for any other symptoms that are severe or concerning to you.*

Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a mask or cloth face covering before medical help arrives.

### HOW LONG TO SELF-ISOLATE

For individuals with symptoms who are confirmed or suspected cases of COVID-19 and are directed to care for themselves at home, discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); **AND**,
- At least 7 days have passed since symptoms first appeared.

Individuals with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue home-isolation when at least 7 days have passed since the date of their first positive COVID-19 diagnostic test and have had no further illness.

## COVID-19 SELF-ISOLATION

### HOW TO CREATE A SICK ROOM

1. Keeping the person with illness, including COVID-19 in a separate sick room can help keep others in the family from getting sick.
2. Try to give the sick person their own room. If there is more than one sick person, they can share the sick room if needed.
3. If you have more than one bathroom, have sick people use one bathroom and well people use the other one. If you have only one bathroom, ensure that the bathroom is cleaned and disinfected after every use.
4. Give each sick person their own drinking glass, washcloth, and towel.

### WHAT TO HAVE IN THE SICK ROOM

1. Tissues
2. Trash can with lid and lined with a plastic trash bag
3. Alcohol-based hand rub
4. Cooler or pitcher with ice and drinks
5. Cup with straw or squeeze bottle to help with drinking
6. Thermometer
7. Humidifier (A machine that puts tiny drops of water into the air. This extra moisture can make it easier for the sick person to breathe.)
8. Facemasks (Sick people should wear a facemask if available when they leave the sick room or are around other people.)

### MEDICINES IN THE SICK ROOM

- Store all medicines out of reach of children. If you have no young children in the home, place medicines for adults in the sick room.
- Write down medicine dose and when doses are needed.

### WHEN TO EXPECT RESULTS

When results of your COVID-19 test are available, a Charles Drew Health Center, Inc. representative will contact you and provide you your results and further instructions to care for yourself at home. Expect results in 3-5 days. If you have not heard from a Charles Drew Health Center, Inc. representative after 5 days, you can call 402-451-3553 to request results.

You can also see your lab results and send messages to your provider through the use of Patient Portal. Instructions on how to sign up for Patient Portal are included in this packet.

For additional information: visit the Centers for Disease Control and Prevention at [www.CDC.gov](http://www.CDC.gov)