

How Do I Self-Isolate Myself?

From your care team clinicians at Family Health Center

1. Stay home from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
3. Get rest and stay hydrated. Use Tylenol for fever. Avoid ibuprofen and other NSAIDS (like Aleve or naproxen).
4. If you have a medical appointment, call the healthcare provider ahead of time, and tell the provider that you have or may have COVID-19.
5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
6. Cover your cough and sneezes. (with elbow not hand)
7. Wash your hands often with soap and water for at least 20 seconds, or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
8. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding
10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

When Do I Discontinue Self-Isolation?

From your care team clinicians at Family Health Center

If you have been diagnosed with COVID-19 and had symptoms and were directed to care for yourself at home, you may discontinue home isolation under the following conditions:

- You have had *NO* fever (Temp > 100.4) for 3 days (72 hours) without using fever reducing medicine (like acetaminophen/Tylenol)

AND

- You have had improvement in respiratory symptoms

AND

- At least 7 days have passed *since your symptoms first appeared*.