

How Do I Self-Isolate Myself?

For people who currently have COVID-19

From your care team clinicians at Waco Family Medicine

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?

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:

At least 5 days have passed *since your symptoms first appeared*. The day your symptoms started is considered Day 0.

AND

You have had much improvement in respiratory symptoms

AND

You have had *NO* fever (Temp > 100.4) for 24 hours without using fever reducing medicine (like acetaminophen/Tylenol, ibuprofen, etc)

AND

You are able to mask effectively (tight-fitting mask in all settings) for an additional 5 days (10 days total). Many children cannot mask effectively. Anyone who cannot mask effectively should isolate for 10 days.

