

Care Gram

Self-quarantine and Isolation (With COVID-19)

What Is Self-quarantine and Isolation?

Self-quarantine and isolation are ways to protect others from people who have or may have an infectious disease. Isolation separates the infected person from others to prevent disease spread. Self-quarantine restricts the movement of a person who has been exposed to an infectious disease to see if they become ill, such as those who live in the same household. If you have COVID-19 or have been exposed to the virus, it is important that you follow the guidelines below to prevent spreading the virus to others.

General Guidelines for Preventing the Spread of COVID-19:

Stay home.

Do not leave your home unless medical care is required. Reschedule non-urgent appointments. If you must go to an appointment, contact the provider before leaving your home.

Do not allow visitors in your home.

Visit by phone, video or through other social media.

Thoroughly clean high-touch areas.

Use a disinfectant daily on high-touch areas, such as doorknobs, light switches, phones, remote controls, appliances, sinks, toilets, cabinets, handles, countertops, etc.

Limit contact with pets.

Wash your hands before and after any contact with pets.

Take care of yourself.

Get enough sleep and eat well-balanced meals.

Practice good hygiene habits.

Cover your mouth with a tissue or sleeve when coughing or sneezing. Discard used tissues in the trash. Avoid touching your eyes, nose or mouth with unwashed hands or after touching surfaces. Wash hands often with soap and water for 20 seconds or longer. Dry your hands with a clean towel or air dry your hands.



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If You Have COVID-19:Isolate yourself at home.

Ask family, friends and helpers to leave supplies outside your door. If you must leave the house or are around other people, wear a face covering and stay at least 6 feet away.

If there are others in your home:

Stay in a separate bedroom and, if possible, use a separate bathroom. Have someone else prepare meals and leave such outside your bedroom door. Do not share household items, such as towels, washcloths, bed linens, dishes, utensils, etc. Use disposables as much as possible and discard in the trash after use. If an item is shared, wash with soap and water before each use. As much as possible, stay away from other people in your home. If you must be around someone else, wear a facemask and stay six feet away.

If Someone in Your Home Has COVID-19:

It is important that you limit exposing yourself and others to the virus.

Self-quarantine for 14 days.

This means staying at home and away from other people. During that time, monitor yourself for symptoms of the virus. If you develop symptoms, contact your healthcare provider.

Protect yourself.

Avoid close contact with people who are sick. Avoid touching your eyes, nose and mouth with unwashed hands. Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. Wear a face covering if you must have contact with someone who is sick.

Protect Each Other.

As much as possible, stay away from pets and other people in your home. If you must be around someone else, wear a facemask and stay six feet away.

Symptoms of COVID-19:

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea