

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.

Self-quarantine for 5 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.



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Page 1 of 2

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.

Guidance for the General PublicIf You Test Positive for COVID-19 (Isolate):

Regardless of your vaccination status:

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine):

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

If you:

Have received a vaccine booster shot

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of Johnson & Johnson vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms, get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of Johnson & Johnson vaccine over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. Then, continue to wear a mask around others for an additional 5 days.
- If you cannot quarantine, you must wear a mask for 10 days.
- If possible, test on day 5.

If you develop symptoms, get tested and stay home.

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