COVID19 Isolation Instructions

These instructions are for people who are under orders to isolate due to a positive GOVID test result or people who hoose to solate due to COVID 19 symptoms.

What is isolation?

x Isolation separates sick people with a contagious disease from people and not sick

smell, sore throat,

nausea or vomiting, and diarrhea

- x People that are not feeling wealnd think they might have COVID.
 - o Symptoms, especially early on, may be mild.
 - o Some peoplemay not develop fever or fevenay not appear until (Á days into the illness.

How long doessolation last?

Your solation can end after:

- x At least ñ days since symptoms first appeared U } Œ] (Ç } μ Œ Ç u š } u š] U š š ‰ }] š] À AND
- x At least 24 hours with no fever v vfever-reducing medication AND
- x Symptoms have improved

CDCWhat to Do If You Ar8ick

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

Isolation Instructions 1 : v 202 î

- x Clean surfaces every day.
 - o o v 2] P Z 3 } μ Z $^\bullet$ μ Œ ($^\bullet$ o] I $^\circ$ μ v $^\circ$ Œ $^\bullet$ U $^\circ$ o $^\circ$ } $^\circ$ $^\bullet$ U fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - o Clean any surfaces that may/reablood, stool, or body fluids on them.
 - o Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.

If you need to seek medical care, CALL your healthcare provider or clinic FIRST to get instructions BEFORE going to a health care office, hospital, or urgent care.