

Self-Isolation for Individuals Being Evaluated for COVID-19

Please practice **self-isolation** and **self-monitoring** if you are sick and have been diagnosed with COVID-19 or because you developed symptoms after having contact with someone who has COVID-19. **Follow the steps below** to help prevent the disease from spreading to people in your home and community. You should follow these recommendations for at least **7 days since symptoms first began and for at least 3 days after symptoms end.**

Self-Isolation



Stay home. Do not go to work, school, or public areas. If you need medical care, it is important you follow the instructions below.



Separate yourself from other people in your home. Set up a specific room away from other people and animals in your home. If possible, you should use a separate bathroom.



Avoid sharing personal household items. You should not share dishes, drinking glasses, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.



Wash your hands often with soap and water for 20 seconds or use a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you need to be around other people. **Cover your coughs and sneezes.**



Postpone all non-essential medical appointments until you are out of isolation. If you have an essential appointment during the isolation period, please contact your local health department to help coordinate the visit.

Self-Monitoring



Measure your temperature twice a day, once in the morning and once at night.



Keep in touch with your local health department. If you have been tested for COVID-19, **your healthcare provider will contact you when your test results are available.**



Watch for a worsening symptoms, **cough** or **difficulty breathing.**

If your symptoms get worse or you have difficulty breathing:

Contact your **healthcare provider.** If you require medical assistance, your local health department will tell you how to get to a doctor if an ambulance is not required. **Do not** use public transportation, ride-sharing, or taxis.

If you need emergency medical attention any time during the monitoring period, call 911 and let them know that you are being evaluated for novel coronavirus.