At-Home Guide for People with Possible or Confirmed COVID-19

You are receiving this handout because you or one of your family members may have COVID-19 or may be awaiting testing results. Below you’ll find information of when to self-isolate and when to discontinue home isolation.

<table>
<thead>
<tr>
<th>If you or a family member:</th>
<th>Self-Isolate</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Have been diagnosed with COVID-19</td>
<td>• Stay in a specific area or “sick room” and away from other people or animals, including pets. If possible, use a separate bathroom</td>
</tr>
<tr>
<td>• Are waiting for test results, or</td>
<td></td>
</tr>
<tr>
<td>• Have symptoms such as cough, fever, or shortness of breath</td>
<td></td>
</tr>
</tbody>
</table>

What is COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus is thought to spread mainly from person-to-person. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members.

When Can People with Probable/Positive COVID-19 End Home Isolation?

They can leave home after these three things have happened:

1) No fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
2) Other symptoms have improved (for example, when their cough or shortness of breath has improved)
3) at least 7 days have passed since their symptoms first appeared

Treatment for COVID-19

• Currently, there is no FDA approved out-patient treatment specific for COVID-19.
• Most people recover with supportive measures and without the need for hospitalization.
• Follow your provider’s guidance for fever-reducing medication, staying hydrated and reporting if your symptoms worsen.
• If you were prescribed a medication, follow the instructions given.
At-Home Guide for People Living with a Possible or Confirmed COVID-19 Person

You are receiving this handout because you or one of your family members may have COVID-19. Below you’ll find information of when to self-quarantine and when to discontinue quarantine.

<table>
<thead>
<tr>
<th>If you or a family member feel Healthy but:</th>
<th>Self-Quarantine</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Recently had close contact with a person with COVID-19</td>
<td>• Check your temperature twice a day and watch for symptoms</td>
</tr>
<tr>
<td></td>
<td>• Stay home for 14 days and self-monitor</td>
</tr>
<tr>
<td></td>
<td>• If possible, stay away from people who are high-risk for getting very sick from COVID-19</td>
</tr>
</tbody>
</table>

How Does COVID-19 Spread?

• The best way to prevent illness is to avoid being exposed to this virus.
• The virus is thought to spread mainly from person-to-person.
  o Between people who are in close contact with one another (within about 6 feet).
  o Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  o These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  o Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

What Can I Do to Protect my Family and Prevent the Spread of COVID-19?

• If possible, the person should stay in one room, away from other people
• Limit contact with other family members
• Limit movement throughout the house
• Avoid sharing personal household items, like dishes, towels and bedding
• Use separate bathrooms if available
• Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs
Use household cleaning sprays or wipes according to the label instructions.

- Family should wash their hands or use hand sanitizer after any contact with you.
- Wash laundry thoroughly.
  - If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands after removing gloves.
- Avoid having any unnecessary visitors.
- Wear a cloth face covering (that covers your nose and mouth) when you are around people (People around you should also wear a face covering).

**Should my family Quarantine? YES**

- The goal of quarantining is to isolate people who may have been exposed to COVID-19, but are not showing symptoms.
- Even if people are not showing symptoms of COVID-19, they could be carrying and spreading the virus.
- Symptoms typically start between 3-14 days after exposure.
- Contacts of confirmed or suspected cases should be quarantined for 14 days from the last exposure to the infected person.
- Contact your Provider immediately if you or a family member starts to have symptoms.

**How do we stop the spread in our Community?**

- Follow Quarantine Guidelines.
- If possible, avoid leaving the house if you have COVID-19 symptoms – ask a friend or family member to go to the store for you.
- Stay home if sick (fever, cough, other respiratory symptoms).
- Continue Social distancing (staying two arm’s lengths (6 feet) away from other people).
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with a sick person. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching the face (especially eyes, nose and mouth).
- Wear a cloth mask when leaving home to get food and supplies and when caring for a sick family member.