



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.

If you or a family member:	Self-Isolate
<ul style="list-style-type: none"> • Have been diagnosed with COVID-19 • Are waiting for test results, or • Have symptoms such as cough, fever, or shortness of breath 	<ul style="list-style-type: none"> • Stay in a specific area or "sick room" and away from other people or animals, including pets. If possible, use a separate bathroom

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)
AND
- 2) Other symptoms have improved (for example, when their cough or shortness of breath has improved)
AND
- 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.

If you or a family member feel Healthy but:	Self-Quarantine
<ul style="list-style-type: none"> Recently had close contact with a person with COVID-19 	<ul style="list-style-type: none"> Check your temperature twice a day and watch for symptoms Stay home for 14 days and self-monitor If possible, stay away from people who are high-risk for getting very sick from COVID-19

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.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - 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



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HEALTH FOR ALL

COVID-19 TASK FORCE

- 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

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