



# SENECA COUNTY GENERAL HEALTH DISTRICT

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Anne Goon MS, RD, LD Health Commissioner

## SELF-ISOLATION

The communicable disease COVID-19 poses a substantial threat to the health of the public. To prevent transmission of this contagious disease, **self-isolation is necessary.**

You need to remain in self-isolation until...	
If You Have Symptoms	If You Don't Have Symptoms or Don't Know When Symptoms Started
<ul style="list-style-type: none"> <li>Your symptoms (cough, shortness of breath) are improving, <b>AND</b></li> <li>You've been fever-free for at least 24 hours (without the use of a fever-reducing medication), <b>AND</b></li> <li>At least <b>10 days</b> have passed since your first symptoms appeared.</li> </ul>	<ul style="list-style-type: none"> <li>At least <b>10 days</b> have passed since the date of the positive COVID-19 test.</li> </ul>
<p><b>The end date of your isolation is subject to change based on the duration of symptoms.</b>  <b>Medical clearance may be necessary.</b></p>	

Leaving the place of self-isolation puts other people at risk of contracting COVID-19. To identify the people you may have exposed to Covid-19 disease:

- You are contagious 2 days prior to onset of symptoms.
- Any person you were within 6 feet of for at least 15 minutes cumulative over a 24 hour time period may need to quarantine.

## GUIDANCE FOR SELF-ISOLATION

- You should remain in your home/designated self-isolation location.
- Do not go to work, school, public areas, or events.
- Do not invite visitors (including family and friends) to your home/designated self-isolation location.
- Separate yourself from other people in your home by at least 6 feet.
- Stay in your own well-ventilated room (windows opened regularly) with the door closed, as appropriate.
- Use a separate bathroom/toilet, if available. Clean bathroom/toilet after every use.
- Wash hands often with liquid soap and water for at least 20 seconds. Alcohol-based hand sanitizer can be used if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use disposable paper towels to dry your hands.
- Do not share eating utensils, towels, bedding, or other household items with other people.
- Wear a face mask when you are in the same room with other people and whenever you must leave your home/designated self-isolation location to get medical care.
- Most people can recover at home without medical care. You can treat your symptoms with Tylenol for fever, body aches and pains. Over-the-counter cough medicine may be used to help suppress your cough. Always cover coughs and sneezes with a tissue, and wash your hands frequently. Drink plenty of fluids.
  - Use a thermometer to take your temperature two times a day- once in the morning and once in the evening. Write down your temperature.
- Call your health care provider or seek emergency care if you develop trouble breathing or worsening symptoms. Notify your healthcare provider, EMS, and/or hospital in advance of seeking care.
- You may discontinue self-isolation when:
  - You no longer have a fever without the use of fever-reducing medications for at least 24 hours, **AND**
  - The symptoms (cough, shortness of breath) are improving, **AND**
  - At least **10 days** have passed since symptoms first appeared.
- People living in your home and very close contacts are asked to self-quarantine for a minimum of 10 days at home.
  - During the 10 days and for 4 days after that, they should check their temperature two times a day and watch for COVID-like symptoms.
  - If they do not develop any symptoms, they may resume normal activities 10 days after their last exposure to you.
  - If they become ill during the 14 days of quarantine, they should isolate themselves at home until
    - They no longer have a fever without the use of fever-reducing medications for 24 hours, **and**
    - The symptoms (cough, shortness of breath) are improving, **and**
    - At least 10 days have passed since symptoms first appeared.

Thank you for your cooperation and assistance with reducing the spread of COVID 19. If you have any questions, please call one of our public health nurses at 419-447-3691.