



SENECA COUNTY GENERAL HEALTH DISTRICT

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SELF-QUARANTINE

To prevent the spread of Covid-19, self-quarantine is necessary. If you were within 6 feet for a cumulative time of 15 minutes over a 24 hour period of a person that tested positive for covid you may have or may develop Covid-19 disease. If you were to have this contagious disease, you would pose a substantial threat to the health of the public.

You need to monitor your symptoms for the full 14-day self-quarantine period. Please see guidance on the next page. If you develop symptoms or test positive, immediately isolate yourself and follow recommendations for self-isolation. **If you are fully vaccinated** (meaning it has been at least 2 weeks since your first dose of Johnson & Johnson COVID-19 vaccine or your second dose of Pfizer-BioNTech or Moderna vaccine):

- You DO NOT need to self-quarantine or be tested. Monitor yourself for COVID-like symptoms; if any develop, isolate yourself from others, contact your healthcare provider, and be tested for SARS-CoV-2 if recommended.

If you are NOT fully vaccinated:

<u>14-Day Self-Quarantine (Recommended)</u>	<u>10-Day Reduced Quarantine</u>	<u>7-day Reduced Quarantine</u>
A 14-day quarantine period is recommended for people who visit, live, or work in congregate living facilities (such as nursing, assisted living, or group homes) OR if you come in contact with people at increased risk for severe illness from COVID-19.	After 10 days if You 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.	You can return to normal activities after 7 full days if you received a negative viral (PCR or antigen) test that was performed at least 5 days after exposure . If you test positive , you should isolate for at least 10 days from the date of the positive test.
You can be released only if you remain symptom-free.		

It is acceptable to leave the place of self-quarantine to seek medical care (call in advance to the provider); leaving for other reasons puts other people at risk of contracting COVID-19. Studies show that people infected with COVID-19 may infect others even when they do not have symptoms.

GUIDANCE FOR SELF-QUARANTINE

Self-Quarantine Guidance

- You should remain in your home/designated self-quarantine location.
- Do not go to work, school, public areas, or events.
- Do not invite visitors (including family and friends) to your home/designated self-quarantine location.
- 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.
- Separate yourself from other people in your home by at least 6 feet.
- Ask for help if you need groceries, other shopping, or medications during your self-quarantine period.
- If required, ask someone to take your children to school.
- Do not make contact with people at the front (or any other) door.

- 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 if you must leave your home/designated self-quarantine location to seek medical care. Minimize contact with other people even if you are wearing a face mask.

Monitoring and Reporting Guidance

- Use a thermometer to take your temperature two times a day- once in the morning and once in the evening. Write down your temperature.
- Watch for other COVID-19 symptoms:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- If you develop a fever or any COVID-19 symptoms during the 14-day monitoring period, you should isolate yourself at home for **10 days** after the symptoms started. Call your healthcare provider and seek testing if recommended.
 - 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.
 - 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 24 hours, **and**
 - The symptoms (cough, shortness of breath) are improving, **and**
 - At least **10 days** have passed since symptoms first appeared.