

COVID-19 Isolation Instructions

These instructions are for people who are under orders to isolate due to a positive COVID test result or people who choose to isolate due to COVID-19 symptoms.

What is isolation?

- x Isolation separates sick people with a contagious disease from people who are not sick
- x Isolation is for people who are already sick
- x Isolation can be voluntary, but Athens County Health Department has the legal authority to issue isolation orders to sick people
- x Isolation is required for people who live in residential care facilities when feasible.

Who should isolate?

- x People who have received a positive COVID-19 test
- x People who have symptoms of COVID-19 (cough, congestion or runny nose, shortness of breath, fatigue, fever, chills, body aches, headache, loss of taste or smell, sore throat, nausea or vomiting, and diarrhea)
- x People that are not feeling well and think they might have COVID-19.
 - o Symptoms, especially early on, may be mild.
 - o Some people may not develop fever or fever may not appear until several days into the illness.

How long does isolation last?

AND

- x Symptoms have improved

CDC: What to Do If You Are Sick

<https://www.cdc.gov/coronavirus/2019-nCoV/if-you-are-sick/steps-when-sick.html>

Those who are significantly ill are required to isolate for a minimum of 10 days and should follow all directions from the local health department

x Clean surfaces every day.

- o fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- o Clean any surfaces that may have blood, stool, or body fluids on them.
- o Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.

If you need to seek medical care, **CALL** your healthcare provider or clinic **FIRST** to get instructions **BEFORE** going to a health care office, hospital, or urgent care.

If you have a medical emergency and need to call 911, notify the dispatcher you are isolating for COVID-19.