



*Due to the high volume of COVID-19 cases in Lawrence County, we are providing the following instructions to help individuals with personal care and information on how they can reduce the spread of COVID-19 to family, friends and the community. We will make every effort to reach out to you as soon as we can.*

## Home Isolation and Quarantine Instructions

**for People with or likely to have COVID-19 and their Household or close Contacts**

*If you have been diagnosed or likely to have COVID-19, you must follow these Home Isolation and quarantine steps to prevent the spread of disease.*

*Most people with COVID-19 will have mild illness and can get better with proper home care without the need to see a provider. If you are 65 years and older, pregnant, or have a health condition such as heart disease, asthma, lung disease, diabetes, kidney disease, or a weakened immune system, you are at a higher risk of more serious illness.*

*\*Notify work and any close contacts you may have exposed\*  
(this includes anyone you were around 48 before symptoms started or, if you are asymptomatic, 48 hours before your positive test date.)*



### **HOME ISOLATION: Stay home until you are recovered**

You should self-isolate for at least 10 days after your symptoms start (or 10 days after you were tested if you never have symptoms). After you self-isolate and before you can be around others you must meet the following:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications, **and**
- Other symptoms of COVID-19 are improving

If you never develop symptoms, stay home for at least 10 days following the date of your positive test (which is the date the test specimen was collected).

- ✓ People in your home, your intimate partners, and caregivers are considered “close contacts” and should follow the **Home Quarantine Instructions**. Please share this document with them

- ✓ Anyone who continues to be in close contact with you will need to begin a new quarantine cycle of 14 days from the last day they had close contact with you, or from the date you are released.

## **Restrictions and information applying to both those in home isolation and quarantine**

- ✓ Stay home. Do not go to work, school, or out in public
- ✓ Separate yourself from others in your home. Stay in a specific room and away from other people in your home as much as possible. It is very important to stay away from people who are at higher risk of serious illness.
- ✓ Use a separate bathroom, if available
- ✓ Do not prepare or serve food to others
- ✓ Do not allow visitors into your home
- ✓ Do not use public transportation, ride shares or taxis.
- ✓ Stay home and away from others except to get medical care.
- ✓ Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately and tell them ahead of time you are COVID-19 positive or have been exposed.
- ✓ Avoid contact with other household members and pets.
- ✓ Don't share personal household items, like cups, towels, and utensils.
- ✓ Wear a mask when around other people, if able.



### **HOME QUARANTINE: Stay home to see if you develop symptoms**

If you live in the same household **or** had close contact with someone diagnosed with or suspected to have COVID-19 you must follow these Home Quarantine steps. It can take 2-14 days to show symptoms, so you may not know for up to 14 days if you are infected or not. You must stay home so that you do not pass on the infection to anyone else.

- Your 14 day quarantine begins with the last day you were in close contact with the person with COVID-19; you are released from quarantine on day 15 if no symptoms develop.
  - Close contact means that you've been within 6 feet of the person with COVID-19 for a total of 15 minutes or more over a 24 hour period, touched body fluids or secretions without using the appropriate precautions, had physical contact with a positive person, shared eating or drinking utensils or provided care at home to someone who is sick with COVID-19.
  - If you are unable to avoid close contact, you must stay in quarantine until 14 days from when the person with COVID-19 completes their isolation period. This is likely to be at least 24 days total.

## New as of 12-3-20

CDC continues to endorse quarantine for 14 days; however our health department is adopting the CDC's two additional options for how long quarantine should last. For people without symptoms quarantine can end:

- On Day 10 without a test.
- **OR,**
- On day 7 after receiving a negative result.

It is the responsibility of the person in quarantine (not the health department) to provide testing documentation to the employer/school if the 7 day option is used.

\*If stopping quarantine before 14 days, people should:

- Watch for symptoms until 14 days after exposure.
- If they have symptoms, immediately self-isolate and contact the health department or healthcare provider.
- Wear a mask when outside the home for the full 14 days, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

### **What if you develop symptoms?**

- If you develop symptoms, you may have COVID-19 and you should follow the **Home Isolation Instructions** and contact your medical provider for testing.
- If you need testing information go to [www.lawrencecohealth.com/coronavirus](http://www.lawrencecohealth.com/coronavirus)

### **Practice home care**

- Rest, drink plenty of fluids, take acetaminophen (Tylenol®) to reduce fever and pain.
  - Note that children younger than age 2 should not be given any over-the-counter cold medication without first speaking with a doctor
  - Note that medicines do not “cure” COVID-19 and do not stop you from spreading the germs.
- Seek medical care if your symptoms get worse, especially if you are at a higher risk of serious illness.
  - Symptoms that indicate you should seek medical care include:
    - Difficulty Breathing
    - Chest pain
    - Can't keep fluids down
    - Dehydration
    - Confusion
    - Other serious symptoms
- If possible, call ahead **before** going to your doctor's office or hospital and tell them you are in Isolation for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.

- **Do not wait in any waiting rooms and wear a facemask at all times if possible.**
- If you call 911, you must notify the dispatch and paramedics that you are under isolation for COVID-19.
- **Do not** use public transportation.

### **\*DOCUMENTATION\***

**You are not required by the health department to provide documentation for proof of isolation, quarantine or release. However, if you need documentation for the purpose of work or school, please contact your health care provider, or the health department at 417-466-2201. Your request will be processed in the order it was received.**