Self-Quarantine Guidance for COVID-19

Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County

Name: _____

SELF-QUARANTINE: This guidance is for people who were identified as a close contact to someone who has COVID-19. Close contacts are people who have been exposed to a person who is ill with COVID-19 during the time when that person can spread the infection. Close contact means you were within 6 feet, for 15 minutes or longer of the infected person. Wearing a cloth face mask while in close contact may reduce the amount of exposure, but doesn't exclude you from being a close contact.
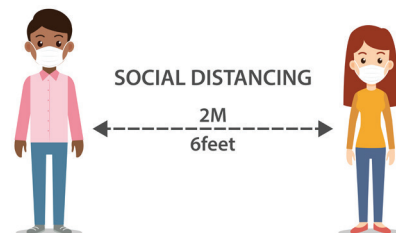
Asking you to self-quarantine helps prevent the spread of the infection to others in case you are infected. Even if you feel well now, it's still possible that you are infected. It can take 2 to 14 days to show symptoms, so we may not know for up to 14 days if you are infected or not. It may turn out that you are not infected, but it is too soon to tell. If you decide to test, and the result is negative, you must still complete the full 14-day quarantine.

https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf

Self-Quarantine Directions

You must restrict activities and limit all movements that may put you in contact with others during the 14-day quarantine period.

- Stay home. Do not go to work, school, public areas, sports games or practices, events, or parties - even with your family.
- Do not allow visitors in your home.
- Do not host parties or events in your home.
- Separate yourself from others in your home by at least 6 feet.
- Do not make contact with people at your front door.
- Stay on your own in a well-ventilated room if possible.
- Use a separate bathroom if available.
- Do not handle pets or other animals.
- Do not prepare or serve food to others.
- Wear a mask if you are in the same room as other people.

COVID-19 and pets:
https://www.cdc.gov/coronavirus/2019-ncov/downloads/covid-19-pets-prevention.pdf

Safely wear and take off a face mask:
https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf

STAY AT HOME
STAY SAFE

SOCIAL DISTANCING
2M
6feet

Hygiene and Cleaning

- Clean bathroom after every use.
- Wash your hands often with soap and water for at least 20 seconds.
- Use disposable paper towels to dry your hands and dispose of in your own trash can.
- Alcohol-based (60%) hand sanitizer can be used if soap and water are not available.

Hygiene and Cleaning (continued)

- Avoid touching your face, eyes, nose, and mouth with unwashed hands.
- Avoid touching your face mask while you are wearing it.
- Wash dishes & utensils thoroughly with soap and water; dishwashers may be used.
- Clean and disinfect high-touch surfaces every day. Use cleaning products according to label instructions.
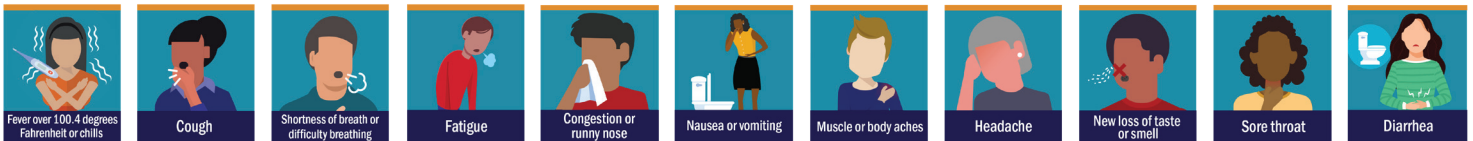
Other cleaning and disinfecting instructions here:
https://www.cdc.gov/coronavirus/2019-ncov/downloads/disinfecting-your-home.pdf

Self-Monitor for COVID-19 Symptoms Each Day

- Use a thermometer to take your temperature twice a day, once in the morning and once at night.
- If you develop a fever over 100.4 degrees fahrenheit and/or other symptoms, call your healthcare provider AND then notify Public Health at 937-225-4542.

Symptoms may include:

Fever over 100.4 degrees Fahrenheit or chills | Cough | Shortness of breath or difficulty breathing | Fatigue | Congestion or runny nose | Nausea or vomiting | Muscle or body aches | Headache | New loss of taste or smell | Sore throat | Diarrhea

Stay at Home Except to Seek Medical Care

- If medical care is needed, CALL your doctor or the hospital first and tell them you are in quarantine as a close contact so they can be prepared.
- Follow their instructions.

Seek prompt medical care if you develop symptoms that get worse or seem serious; especially if you are at higher risk for serious illness. This includes people age 65 and older, pregnancy, other chronic diseases, or a weak immune system. ***Call 911 for emergency warning signs**

CORONAVIRUS (COVID-19) EMERGENCY WARNING SIGNS

People who develop emergency warning signs for COVID-19 should get medical attention immediately. Emergency warning signs include*:

Difficulty breathing | **Pressure or pain in chest** | **Bluish lips or face** | **Confused or hard to wake** | **Other serious symptoms**

*This list is not all inclusive. Please consult your doctor for any other symptoms that are severe or concerning.

Ending Quarantine

- Your last day of quarantine is 14 days from when you were last in contact with the person with COVID-19.

- If you continue to live with and/or care for the person with COVID-19, the quarantine guidance is as follows:

  o The household quarantine will end 14 days after the date the source case was able to be isolated within the home.

  o If there is close contact with a person with COVID-19 at any point during your quarantine, the 14-day quarantine period will have to restart.

  o If you are unable to avoid close contact, you should stay in quarantine for 14 days after the person with COVID-19 was told they were "cleared" to stop their own isolation.

Self-Quarantine FAQs

Do I need to get tested?
If you do not have symptoms, you likely don't need to get tested. If you have been tested, you still need to complete the full 14-day quarantine, even if your test result is negative. Contact your medical provider if you have questions about testing.

What about the other people who live with me?
Family members and others who live with you do not need to quarantine as long as you remain symptom free. They should continue measures such as frequent hand washing, wearing a mask, cleaning the home, and keeping a 6-foot distance from you and others.

Can I leave my residence during quarantine?
No, you should not leave your leave your residence during quarantine or enter another public or private place except to get necessary medical care.

Your self-quarantine will end on _____

You may present this information to your employer as evidence that you have been asked to self-quarantine by Public Health- Dayton & Montgomery County.

Self-quarantining and monitoring your health status is an important step in controlling the spread of COVID-19 Your willingness to comply will help protect your family and others in your community, and is greatly appreciated.