

Home Isolation When Ill with Coronavirus Disease 2019 (COVID-19)

Always check with your medical provider especially if you have chronic disease.

Home Care

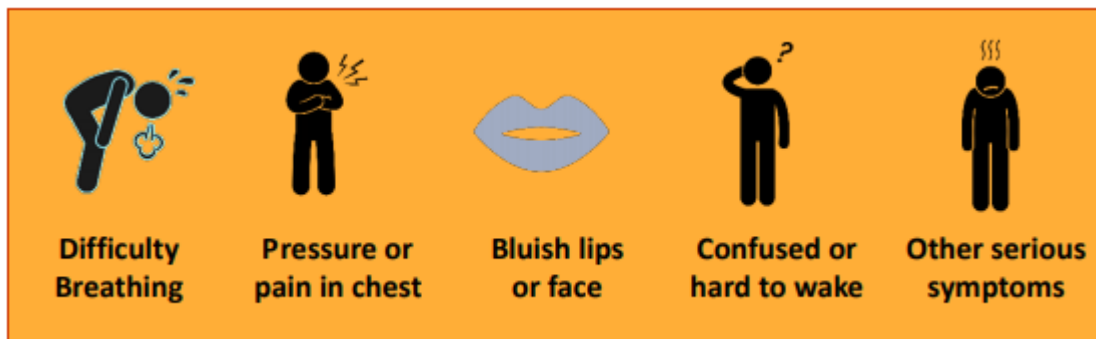
There is no specific treatment for the virus that causes COVID-19. Here are steps that you can take to help you get better:

- Rest
- Drink plenty of fluids
- Take acetaminophen (Tylenol®) to reduce fever and pain (follow directions, never take more than recommended)
- Note that children younger than age 2 should not be given any over-the-counter cold medications without first speaking with a doctor.
- Note that these medicines do not “cure” the illness and do not stop you from spreading germs.

Seeking Medical Care

Seek prompt medical care if your symptoms get worse, especially if you are at a higher risk of serious illness. This includes people who are age 65 years and older, pregnant, or have a health problem such as a chronic disease or a weak immune system.

Call 911 if there are emergency warning signs



People with life-threatening symptoms should call 911. Tell the dispatch personnel that you have COVID-19. If it's not urgent, call ahead before visiting your doctor, you may be able to get advice by phone.

Protecting Others

Follow the steps below to help prevent the disease from spreading to people in your home and your community.

- Stay home except to get medical care
- Do not go to work, school, visit friends/family or public areas
- Stay home until at least 10 days have passed after your symptoms first appeared, improvement noted AND at least 24 hours without a fever and no use of fever reducing medications.
- If you must leave home to see a medical provider do not use public transportation. Use a personal vehicle if possible and wear a mask, keep windows open and sit a distance from the driver.
- If you do not have someone to help you, if possible, arrange for food and other necessities to be left at your door. If you need help finding food and medication call 2-1-1 or your town's social services.

Stay Away from Others

- Try to stay in your own bedroom with the door kept closed.
- Use a separate bathroom. If this is not possible, clean the bathroom after use. If you are unable to clean the bathroom, the person cleaning it needs to wear a mask and gloves.
- If sharing a bathroom, remind everyone to close the lid before flushing.

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- If you must leave your room, stay at least 6 feet from others.
- Open windows or use a fan or an air conditioner in shared spaces in the room, if possible, to ensure good air flow. A box fan can be put backwards in a window to draw out the air creating negative pressure.
- Do not allow visitors in your home unless they provide medical care. You need to wear a mask.
- Do not handle pets or other animals
- Do not prepare or serve food to others. Eat in own room away from others. Non-disposable food service items used should be handled with gloves and washed with hot water or in a dishwasher. Clean hands after handling the items.

Wear a Facemask or Cloth Mask When Around Others

- Wear a facemask or face covering when you are around other people
- Use masks and face covers with caution with children. Infants and children under 2 should not wear cloth face coverings. Those between the ages of 2 and 8 should use them but under adult supervision to ensure the child can breathe safely and avoid choking or suffocation. Children with breathing problems should not wear face coverings.

Cover Your Cough and Sneezes

- Cover your coughs and sneezes with a tissue or into your sleeve.
- Throw used tissues into the trash and immediately wash your hands.

Do Not Share Personal Household Items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, cigarettes or vaping equipment with others.

Clean Hands Often

- Wash your often and thoroughly, especially after blowing your nose, coughing or sneezing; going to the bathroom' and before eating or preparing food.
- Use soap and water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if your hands are visibly dirty.

Clean and Disinfect ‘High Touch’ Surfaces Often

- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.
- Clean and disinfect any surfaces that may have body fluids on them.
- Use household cleaning and disinfectant sprays or wipes according to the directions on the label.

Laundry

- Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use. Wash hands after removing the gloves. If no gloves are used when handling dirty laundry, be sure to wash hand afterwards.
- Do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
- Dirty laundry from an ill person can be washed with other people's items. Use the warmest appropriate water settings for the items and dry completely.
- Clean and disinfect clothes hampers. Consider placing a disposable bag liner that can be thrown away.

More information can be found at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

If you do not have anyone to deliver medicine or food, please call Mary Day or Kris Magnussen at 860.448.4882