

COVID-19 Isolation Instructions

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

What is isolation?

- Isolation separates sick people with a contagious disease from people who are not sick.
- Isolation is for people who are already sick.
- Isolation can be voluntary, but Athens City-County Health Department has the legal authority to issue isolation orders to sick people.
- Isolation should take place in a person's residence when feasible.

Who should isolate?

- People who have received a positive COVID-19 test
- 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)
- People that are not feeling well and think they might have COVID-19.
 - Symptoms, especially early on, may be mild.
 - Some people may not develop fever or fever may not appear until several days into the illness.

How long does isolation last?

Your isolation can end after:

- At least 10 days since symptoms first appeared
AND
- At least 24 hours with no fever without fever-reducing medication
AND
- 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 20 days and should follow all directions from the local health department.

What should I do while in isolation?

Stay home, except to get medical care

- Call your medical provider before going and tell them that you have been diagnosed with COVID-19 or have COVID-19 symptoms. The medical provider will tell you what to do when you arrive for your visit to protect yourself and others.
- Restrict activities outside your home.
- Do not go to school, work or any public areas.
- Avoid using public transportation, ride shares or taxis.

Monitor your symptoms

- People with mild illness may be able to isolate and recover at home without seeing a healthcare provider. If your symptoms worsen (e.g., difficulty breathing) or if you are in a higher risk group, call your healthcare provider.

Separate yourself from other people and animals in your home

- As much as possible, stay in a specific room and away from others in your home.
- Use a separate bathroom if available.
- Have another member of your household care for your pets. If you must care for your pet, wash your hands before and after contact with them.

Practice actions that protect others

- Clean your hands often.
 - Wash your hands often with soap and water for at least 20 seconds.
 - If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry.
 - Soap and water are preferred if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes.
 - Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away.
 - If a tissue is not available, use your inner elbow or sleeve.
 - Immediately clean your hands (see above).
- Avoid sharing personal household items.
 - Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
 - After using these items, they should be washed thoroughly with soap and water.

- Clean surfaces every day.
 - Clean “high touch” surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - Clean any surfaces that may have blood, stool, or body fluids on them.
 - 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.