

## YOU MAY BE ASKED TO DO ANY OF THE FOLLOWING:

### WHO SHOULD DO IT?

### WHAT IS IT?

#### QUARANTINE



People without symptoms who recently had close contact (less than 6 feet for 15 minutes or more) with someone with COVID-19.

- Stay home 24/7 for 14 days, watch for [symptoms](#) and maintain physical distance (at least 6 feet) from others at all times.
  - Quarantine can end on day 10 if no symptoms or clinical evidence of COVID-19 develop. Always follow guidance from contact tracers.
- Continue symptom monitoring for 14 days.
- Check and record your temperature 2x a day for 14 days.
- Continue mask wearing and physical distancing around family and roommates for 14 days.
- Call your Health Department if symptoms develop.

#### ISOLATION



People with or without symptoms of COVID-19, diagnosed with COVID-19, or who are awaiting test results for COVID-19.

- Stay home.
- Stay in a separate room from other household members.
- Use separate bathroom if possible. If sharing a bathroom, keep toothbrushes separate and disinfect all surfaces after each use.
- Avoid sharing personal items like dishes, drinking glasses, cups, eating utensils, towels, or bedding with household members.
- Household members should practice self-quarantine and monitoring.
- Wear a mask if you are around others and pets.
- Stop isolation when the following conditions are met:
  - People with symptoms: At least 10 days after symptoms began AND 24 hours after no fever without fever reducing medications and symptoms have improved.
  - People without symptoms: 10 days after first positive diagnostic/ viral test if no symptoms develop. If symptoms develop after testing positive, follow the guidance in the bullet above.

Learn more about slowing the spread of COVID-19 at [www.oakgov.com/covid](http://www.oakgov.com/covid).

For questions call Nurse On Call at 1.800.848.5533.





**Stay home** and monitor for symptoms if you have had contact with a person who has tested positive for COVID-19.



**Monitor** your health two times a day; every morning and night for 14 days from last exposure to case.

- Watch for symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
- Write down any symptoms you experience.
- Take your temperature twice a day and write it down. Before you take your temperature:
  - Wait 30 minutes after eating, drinking, or exercising.
  - Wait 6 hours after taking medicines that can lower your temperature: acetaminophen/paracetamol, ibuprofen, or aspirin.
  - Clean thermometer with soap and water after use.

If you have a fever of 100.4 F (38C), cough, or trouble breathing:

- If this is a life threatening emergency call 911.
- Call your healthcare provider's office or emergency department before seeking care. Explain your symptoms and that you are self-monitoring.



**Practice good health habits.**

- Wash your hands with soap and warm water for 20 seconds and help young children do the same. If soap and water is not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze or cough/sneeze into your upper sleeve. Immediately throw away used tissue in the trash, then wash hands.
- Avoid close contact with others, sharing cups, or sharing eating utensils.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs.
- Be sure to get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Do not travel, unless you are seeking medical care. Call ahead before seeking care.



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