

COVID-19 Home Isolation Instructions

You have been tested for COVID 19. The test result may not be available for a few days. Until we know whether you have the infection, you must isolate yourself to keep others safe.

- **Stay at home.** You should only leave home to get medical care. Do not go to work, school, grocery stores or any other public areas. If you must travel, don't use the bus or ride sharing or taxis.
- **Separate yourself from other people in your home.** Stay in a specific room. Stay away from other people in your home. If possible, use a separate bathroom.
- **Call ahead before visiting the doctor.** If you must get medical care, call to tell them that you may have COVID-19. This will help them keep other people from being exposed.
- **Wear a mask.** If you are around other people you should always have a mask on. This includes in your home, at your doctor's office, and anywhere else where you must be around other people.
- **Cover your cough.** If you must cough or sneeze, cover your mouth and nose with a tissue. Throw used tissues in a lined trash can. Wash your hands right afterwards with soap and water for at least 20 seconds.
- **Clean your hands often.** Wash with soap and water for at least 20 seconds. Do this every time you blow your nose, cough, sneeze, go to the bathroom, and eat or prepare food. If you don't have soap, use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Don't share personal items.** Do not share dishes, drinking glasses, cups, utensils, towels or bedding. Wash them well with soap and water after you use them.
- **Clean the surfaces you touch often at least once a day.** Use a household cleaning spray or wipe to clean any surface you may touch. Common surfaces are counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

If you cannot do all these things, call the clinic where you had your test. They can help decide how best to keep everyone safe.

In the next week or two, **monitor your symptoms.** If you have more difficulty breathing, you need to see a doctor right away. Before coming into the doctor's office, urgent care or emergency room, call them. Tell them that you are being tested for COVID 19. This will help them to keep other people from being exposed. Put on a mask before you go inside.