

HOME SELF-ISOLATION AND SELF-MONITORING
Instructions/Limitations

Most people who are ill with COVID-19 will have a mild illness, and can recover at home. Your cooperation is necessary to protect yourself, your family, your community and the rest of the public.

If a health care professional has told you to self-isolate while you are sick, you are asked to comply with the following responsibilities while self-isolating at home:

- **Stay Home:** Stay home except to get medical care. Please call medical care facility before going.
- **Separate Yourself:** Stay away from household members and animals.
 - Stay in a specific “sick room” and use a separate bathroom if possible.
 - Wear a face mask when around others and try to stay at least 6 feet away.
 - Wash your hands often with soap and water for at least 20 seconds.
- **Avoid Sharing Personal Items:** Don’t share bedding, towels, dishes, or water bottles with others. If something is shared, wash it with soap and water before each use by a separate person.
- **Visitors:** No visitors are to be allowed in your home.
- **Self-monitoring:** Watch for worsening symptoms, and seek medical care if needed. Please call medical care facility before going.
 - Symptoms include but are not limited to: high fever, shortness of breath, difficulty breathing, pain or tightness of chest, or blueish lips or face.
- **Notification of Medical Personnel** – If it is necessary for you to contact police, fire or emergency medical services, you must **notify the dispatcher and any first responder** that you have symptoms consistent with COVID-19.
- **Discontinuing Self-Isolation:** You can discontinue self-isolation after all three of the below:
 - You have had no fever for at least 72 hours (three full days) without the use of medicine that reduces fevers. **AND**
 - Other symptoms have improved (for example, when your cough or shortness of breath have improved). **AND**
 - At least seven days have passed since your symptoms first appeared.

If you have any questions regarding these instructions, contact your health care provider or Allen County Public Health at 419-228-4457.