



[www.allencountypublichealth.org](http://www.allencountypublichealth.org)  
Allen County Combined Health District

## HOME QUARANTINE AND SELF-MONITORING Instructions/Limitations

Your cooperation is necessary to protect yourself, your family, your community and the rest of the public.

Use these Quarantine instructions if:

1. You have come into contact with a confirmed or probable positive case of COVID-19.

**OR**

2. You have recently traveled to a state or area that has been identified as having widespread, sustained (on-going) spread of COVID-19, and you have no symptoms of COVID-19.

You should self-quarantine and self-monitor for **fourteen (14) days** from your last point of contact or return from travel.

Comply with the following steps while self-quarantining at home:

- **Stay Home:** Stay home except to get medical care. Please call medical care facility before going.
- **Separate Yourself:** Try to stay at least 6 feet away from other household members and animals.
- **Visitors:** Limit visitors to those who have an essential need to be in your home.
- **Temperature and symptom monitoring:** You will self-monitor for fever and symptoms such as a cough, or difficulty breathing, for 14 days following your last day of potential exposure. Take your temperature with a thermometer two times a day, in the morning and evening.
- **Warning Symptoms:** If you develop new symptoms, immediately contact your health care provider. 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 are under COVID-19 self-quarantine.
- **Discontinuing Self-Quarantine:** You can discontinue self-quarantine if no symptoms develop **within fourteen (14) days** since last point of contact with a confirmed or probable positive COVID-19 case or return from a state or area that has been identified as having widespread, sustained (on-going) spread of COVID-19.

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



219 E. Market Street, P.O. Box 1503, Lima, Ohio 45802-1503 | Phone: 419-228-4457 | Fax: 419-224-4161

An Equal Opportunity Employer and Provider of Services Serving All Allen County Including the Cities of Lima & Delphos