



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

## ISOLATION AND MONITORING AT HOME

If you have symptoms of COVID-19, please contact your health care provider and make arrangements to get tested. Most people who are ill with COVID-19 will have a mild illness, and can recover at home.

If you test positive, Allen County Public Health will check in with you regularly to monitor how you are doing. Your cooperation is necessary to protect yourself, your family, your community and the rest of the public. You will be asked to comply with the following responsibilities while self-isolating at home:

- **Stay Home:** Stay home except to get medical care. Please call the 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:** Follow care instructions from your healthcare provider and Allen County Public Health. Watch for worsening symptoms and seek medical care if needed. Please call the 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:** Allen County Public Health will send you a release from Isolation letter when you meet the following criteria laid out by the Centers for Disease Control and Prevention:  
**Symptom-based criteria:**
  - 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 ten days have passed since your symptoms first appeared.**OR**  
**Test-based criteria:**
  - Resolution of fever without the use of fever-reducing medications **AND**
  - Improvement in respiratory symptoms (e.g. cough, shortness of breath) **AND**
  - Two negative COVID-19 test results in a row, at least 24 hours apart.

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

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**Public Health**  
Prevent. Promote. Protect.

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