

GUIDANCE FOR SELF-QUARANTINE

A 14-day quarantine is preferred in order to verify whether or not you have a communicable disease. You should monitor your symptoms for the full 14-day period, wear a mask, stay at least 6 feet from others, wash your hands, and avoid crowds, even if you are released early. The guidelines for length of quarantine are at this link: <https://www.allencountypublichealth.org/wp-content/uploads/2020/12/COVID-19-Guidance-Quarantine.pdf>.

Self-Quarantine Guidance

- You must remain in your home for the full required quarantine period.
- Do not go to work, school, public areas or events.
- Do not use taxis or public transportation until you have been told it is safe to do so.
- Ask for help if you require groceries, other shopping or medications, during your quarantine period.
- If required, ask someone to take your children to school.
- Separate yourself from other people in your home by at least 6 feet.
- Stay in your own well-ventilated room (windows opened regularly) with the door closed, as appropriate.
- Use a separate bathroom/toilet, if available.
- Clean bathroom/toilet after every use.
- Do not invite visitors (including friends and family) to your home.
- Do not make contact with people at the front door.
- Wash hands often with liquid soap and water for at least 20 seconds.
- Alcohol-based hand sanitizer can be used if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use disposable paper towels to dry your hands. Avoid sharing household items.
- Do not share eating utensils, towels, bedding or other items with other people.
- Wear a face mask when you are in the same room with other people, minimize contact with other people even if you are wearing a face mask.

Monitoring and Reporting

- Use a thermometer to take your temperature twice a day, once in the morning and once at night. Record your temperature. Also watch for other COVID-19 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
 - Diarrhea
- If you develop any fever or COVID-19 symptoms during the 14 days after your last exposure to the person with COVID-19, immediately self-isolate, call your healthcare provider and seek testing.
- You can only be released from quarantine if you remain symptom free.

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