

## GUIDANCE FOR SELF-QUARANTINE

**You MUST stay home for the full required Quarantine period.**

If you have questions call Allen County Public Health at 419-228-4457.

A 14-day quarantine is preferred in order to verify whether or not you have a communicable disease. You should follow all the Quarantine Guidance provided for the full 14-day period, even if you are released early.

### Self-Quarantine Guidance

- You should remain in your home.
- 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 ever 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 call your healthcare provider and seek testing.

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