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Allen County Combined Health District

## GUIDANCE FOR ACTIVE MONITORING – SELF-ISOLATION

COVID-19 is a significant potential threat to the health of Ohioans. Staying home and separated from others are necessary to protect yourself, your family, your community, and the rest of the public. The steps you must take can be an inconvenience, but are important and essential.

Based on this, you need to adhere to the following CDC guidelines:

- Remain at home.
- Practice social distancing.
- Postpone long-distance travel on commercial conveyances.

In addition, you are required to do the following:

- **Face Covering:** Wear a face mask if you must be in the same room with other people, minimize contact with other people even if you are wearing a face mask.
- **Distance:** You should separate yourself from other household members and animals as much as possible.
- **Travel:** You are not to leave your home while you are in isolation.
- **Temperature and active symptom monitoring:** In order to monitor your health and to ensure you can receive timely medical care (if necessary), you are asked to take your temperature twice daily, in the morning and evening. If your temperature is 100.4° or greater, **or** if you develop a cough, difficulty breathing, or shortness of breath, you should call your health care provider.
- **Visitors:** No visitors are to be allowed in your home. You may have family/friends drop off food and other supplies; do not invite them into your home. Limit visitors to those who have an essential need to be in your home.
- **Medical appointments:** Please let us know if you have any chronic health issues. All scheduled medical appointments will require calling in advance.
- **Symptoms:** If your symptoms worsen or you develop new symptoms, immediately contact your healthcare provider. If you experience severe trouble breathing, persistent pain in the chest, new confusion, inability to waken or stay awake or bluish lips or face, seek emergency medical help/call 911.
- **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 had close contact with someone suspected to have COVID-19 and tell them the monitoring steps you are taking.**
- **Testing:** Please notify us if you have any new COVID-19 testing after being placed in isolation. Based on the results the duration of your SELF-ISOLATION time period may change.

If you have any questions regarding these instruction, contact Ohio Contact Tracing at 216-230-4730.

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