Coronavirus Disease 2019 (COVID-19)

Self-Isolation: Symptoms of COVID-19

Fever (100.4 °F or greater), cough, and/or shortness of breath

you may also experience: congestion, sore throat, headache, body aches, diarrhea, or loss of taste or smell

If you have questions, or you start to feel worse, contact your health care provider.

Stay home.
- Do not go to work, school or other public places.
- Do not use public transportation, taxis or rideshares.
- It is safe to end the isolation period if it has been 10 days since your symptoms started, your symptoms are improving, AND you have not had any fever for 24 hours (1 day) without the use of fever-reducing medications (i.e. Tylenol®, Motrin®). If you tested positive but did not have symptoms, it is safe to end isolation if it has been 10 days from the date of your test.

Avoid contact with others.
- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that any shared rooms have good airflow (e.g., open windows).
- If you need to be around other people in or outside of the home, wear a face mask if possible.

Wash your hands.
- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.

Keep your distance.
- If you are in a room with other people, keep a distance of at least 6 feet and if possible, wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you if a mask is available.
- Limit contact with pets and animals.

Cover your coughs and sneezes.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Wash your hands after emptying the wastebasket.

Notify close contacts.
- Contact those that may have been exposed to you (within 6 ft for 15 minutes or more) to quarantine for 10 days from their last exposure to you.

Limit the number of visitors in your home.
- Only have visitors who you must see and keep visits short.
- Keep away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, weakened immune system).

Wear a mask over your nose and mouth.
- If possible, wear a mask if you must leave your house to see a health care provider.
- If possible, wear a mask when you are within 6 feet of other people.

Household cleaning and disinfection.
- Clean all "high-touch" areas such as counters, toilets, sink tap handles, tabletops, doorknobs, TV remotes, phones, and bedside tables daily using regular household cleaners.
- Clean more often if surfaces become visibly soiled.
- Clean any surfaces than may have blood, body fluids and/or secretions on them.
- If possible, wear gloves when cleaning surfaces.
- Use a diluted bleach solution (2 teaspoons of bleach to 4 cups of water) or household disinfectant.
- Dishes and eating utensils should be cleaned with dish soap and hot water after each use.
- Use of a dishwasher with a drying cycle also provides a sufficient level of cleaning.

Laundry.
- Clothing and bedclothes can be cleaned using regular laundry soap and water and do not require separation from other household laundry.

Waste management.
- All waste generated can be bagged in a regular plastic bag and disposed of in regular household waste.

If symptoms do not get better after 3 days or continue to worsen.
- Most people will see symptoms subside after 3 days, however, if they do not call your health care provider.

Learn more about COVID-19

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact, such as people who live in the same household or provide care. You can access up to date information on COVID-19 on the Centers for Disease Control's webpage at:

https://www.cdc.gov/coronavirus/2019-ncov/index.html

Information current as of November 10, 2020.