

COVID-19: Self-Isolation and Self-Monitoring Guidance

This guidance is intended for people with confirmed or probable COVID-19 who do not need to be hospitalized, and who have been advised to self-isolate at home.

If you have confirmed or probable COVID-19, you have a high risk of transmitting the virus to others. To avoid spreading infection, you will need to self-isolate and observe stricter disease control measures than the physical distancing measures recommended for the public. This means staying at home and avoiding contact with other people, even those you live with, until you are directed by the health department to return to your normal activities.

If you are self-isolating at home and cannot take care of yourself or isolate from others in the home, you may extend their quarantine period by 10 days.

Please follow the guidance below during your period of self-isolation. If you have questions or concerns about being able to follow these necessary precautions, visit <https://www.mmdhd.org/covid-center/> for more information.

Please make your employer and/or school aware that you are in isolation due to COVID-19. Also, tell your close contacts so they can quarantine themselves. A close contact is someone you were within 6 feet of when you were contagious (48 hour before start of symptoms or positive test result) for a total of 15 minutes or more (cumulative) or someone you had direct physical contact with such as hugging, kissing, or contact during high-impact sports or shared eating or drinking utensils.

How to Safely Self-Isolate If You Have Confirmed or Probable COVID-19

PROTECT YOUR COMMUNITY

Stay home. Staying home is the most important thing you can do to protect those around you and reduce the spread of COVID-19 in your community. Do not leave your home, except to get medical care; most people with COVID-19 have mild illness and can recover at home without medical care. Do not visit public areas. This means not even leaving your home for essential items, e.g., going to the pharmacy, supermarket, or laundromat. You may have items delivered.

- If you have symptoms, stay home until at least 10 days have passed after your symptoms first appeared or date of positive test result. After 10 days, you may end your isolation if it's been 24 hours with no fever without the use of fever-reducing medications and your COVID-19 symptoms (cough, shortness of breath, etc) have improved. You can determine your return date to normal activity with the use of the COVID-19 calculator at the following link: <https://www.mmdhd.org/covid-calculator/>
- If you must leave home to get medical care, avoid public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, leave the windows down and wear a mask if possible.
- When items are delivered to your home during self-isolation, have someone else you live with accept the delivery, if possible. If you must accept the delivery, wear a mask.

PROTECT THOSE THAT SHARE YOUR HOME

Separate yourself from other people in your home. As much as possible, stay in one room, away from other people and pets in your home. Limit the time you spend with others to the absolute minimum. It is particularly important to stay away from people who are at higher risk of serious illness (see box below).

- Sleep in a private room with the door closed.

- Eat meals in your room, if possible.
- If possible, use a separate bathroom. If this is not possible, you should clean and disinfect the bathroom after every use. If this is not possible, a caregiver should wait as long as possible before cleaning and disinfecting. All bathrooms should have a working sink, soap and disposable paper towels. Do not use cloth towels for drying your hands.
- Do not allow visitors and limit the number of people in your home.

Wear a face mask. Wear a face mask when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a mask or face cover, then people who live with you should not be in the same room with you. If they must enter your room, they should wear a face mask. After leaving your room, they should immediately clean their hands, then remove and dispose of their face mask, then clean their hands again.

Avoid sharing household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, they should be washed thoroughly with soap and water.

Take precautions with laundry. Launder clothing, towels, linens and other items using the warmest appropriate water setting, and dry items completely. If someone is helping you with laundry, they should wear disposable gloves when handling dirty laundry. Dirty laundry from a person who is sick can be washed with other people's items.

Clean and disinfect all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions. For more information, see CDC's guidance on cleaning and disinfecting your home: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

Cover your coughs and sneezes. Cover your mouth and nose with a tissue (or into your upper sleeve) when you cough or sneeze. Dispose of used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds (or use alcohol-based hand sanitizer).

Wash your hands frequently. Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose or mouth with unwashed hands.

PEOPLE AT HIGH-RISK

People at higher risk for severe illness from COVID-19 include:

- People 65 years and older
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - people with chronic lung disease or moderate to severe asthma
 - people who have serious heart conditions
 - people with severe obesity (body mass index [BMI] of 40 or higher)
 - people with diabetes
 - people with chronic kidney disease undergoing dialysis
 - people with liver disease
 - people who are immunocompromised due to causes including cancer, cancer treatment, bone marrow or solid organ transplantation, genetic immune deficiencies, poorly controlled HIV or AIDS, or use of corticosteroids or other immune weakening medications.

TAKE CARE OF YOURSELF

Alleviate your symptoms. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen (example: Tylenol) to help you feel better.

Monitor yourself for worsening symptoms.

- Symptoms of COVID-19 include fever, cough and shortness of breath/difficulty breathing.
- Call your doctor right away if your illness gets worse. Try a phone or telemedicine consultation before going in person for care. <If relevant: information about how to access telemedicine services >
- Seek immediate emergency medical attention (call 911) if you have any of these emergency warning signs: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face. Notify the operator that you have or may have COVID-19.

We know isolating at home may be difficult. If you need assistance with things like food and shelter, we want to help. Please contact the health department for assistance.

When to Seek Emergency Medical Attention

If showing any of the following signs, seek emergency medical care immediately. Call 911 or call ahead to your local emergency facility and notify the operator that you are seeking care for someone who has or may have COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This is not a complete list of all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Further detail and updates can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

If you have questions, you may call the health department COVID-19 warmline: (989) 831-5237 option 2

In the case of an emergency, call 9-1-1.

Health Departments may adapt this fact sheet to provide guidance to people entering self-isolation. This guidance can also be adapted for people who are isolating out-of-the-home, for example, in a hotel. The information in this fact sheet is based on [CDC guidance](#).