



## Chester County Health Department

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### Coronavirus (COVID-19)

#### Guidance for Self-Monitoring at Home

This guidance is provide to individuals who have been asked to self-monitor, or who voluntarily choose, to self-monitor signs and symptoms for the novel coronavirus (COVID-19) including individuals who:

- believe they have novel coronavirus and are only experiencing **mild** illness
- have confirmed or suspected COVID-19 infection and do not need to be hospitalized
- have confirmed COVID-19 infection who were hospitalized and determined to be medically stable to return home.

**If symptoms worsen and you feel that you need medical attention, please contact your healthcare provider or call 9-1-1 for an emergency**

#### Stay at Home

- Your physician will evaluate whether you can be cared for at home. If you can be cared for at home, remain at home for **14 days**.
- **DO NOT:**
  - leave your home except to seek emergency medical care
  - go to work, school, or public places
  - not use public transportation, ride-sharing, or taxis.
- If you need to seek medical attention for an emergency call 9-1-1 and let them know of your exposure to COVID-19.
- Utilize delivery services or ask a neighbor/friend to help with grocery or prescription pickup. There is no identified risk to someone who may retrieve goods for you and leave them on your doorstep. See below for recommendations.

#### Separate Yourself from Others While in Your Home

- Maintain a 6 foot distance from others as much as possible.
- As much as possible, you should stay in a specific room and avoid contact with other people in your home.
- Use a separate bathroom, if available.
- In the event that you need to be around other people and are experiencing symptoms, a facemask is helpful for keeping your germs away from others.
- Clean any surfaces and objects used by others in the household frequently, using regular cleaning sprays or wipes.



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#### Cover Your Coughs and Sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze, or cough into your bent elbow if a tissue is not available.
- Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds.
- If soap and water are unavailable, clean your hands with an alcohol-based hand sanitizer containing at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands, and wash your hands after touching your face.

#### Avoid Sharing Personal Household Items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- Thoroughly wash all personal household items you use with soap and water.

#### Discontinuing Self-Monitoring at Home

- After 14 days, if your symptoms have resolved, you may return to your normal daily activities. If you continue to have symptoms, continue to self-isolate.

**Please visit the Health Department website for more information at:**

<https://chesco.org/coronavirus>

#### Resources for Isolated/Quarantined Individuals

Please utilize delivery services or ask a neighbor/friend to help with grocery or prescription pickup. There is no identified risk to someone who may retrieve goods for you and leave them on your doorstep. Possible vendors:

- Prepared Food
  - GrubHub – [www.grubhub.com](http://www.grubhub.com)
  - Postmates – [www.postmates.com](http://www.postmates.com)
  - UberEats – [www.ubereats.com](http://www.ubereats.com)



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- DoorDash – [www.doordash.com](http://www.doordash.com)
- Cuisine to Go – [www.cuisinetogo.net](http://www.cuisinetogo.net)
  
- Grocery
  - Amazon/Whole Foods – [amazon.com/wholefoods](http://amazon.com/wholefoods)
  - Giant (through Peapod)
  - Walmart (curbside pickup or delivery)
  - Target (through Shipt service)
  - Instacart – [www.instacart.com](http://www.instacart.com)
  - GoPuff – [www.gopuff.com](http://www.gopuff.com)
  
- Pharmacy
  - CVS
  - Walgreens
  - Regional Pharmacy – [regionalrx.com](http://regionalrx.com)
  - NowRX – [nowrx.com](http://nowrx.com)
  - Express Scripts – [express-scripts.com](http://express-scripts.com)