

QUARANTINE AND ISOLATION GUIDELINES AND RECOMMENDATIONS

(Based on CDC Guidelines from 8/27/2020)

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Individuals who are *experiencing signs and symptoms* of COVID and/or *test positive* for COVID are required to enter home **ISOLATION.**

Individuals who have been in *close or physical contact* with a COVID positive individual are required to enter home **QUARANTINE.**

ISOLATION

Isolation is intended to separate contagious individuals from those who are not sick.

During isolation you will need to:

- Avoid all contact with family members and pets
- Avoid sharing dishes, glasses, bedding, and other household items
- Use a separate bedroom and bathroom if possible
- Attempt to limit your movement about the home as much as possible
- Coordinate delivery of food, medication, laundry, etc...

Individuals can leave isolation when *all three* of the following criteria are met:

1. 10 days have passed since the onset of symptoms OR date of first positive COVID test
2. Symptoms have improved
3. 24 hours of fever free without fever reducing medication

QUARANTINE

Quarantine is the separating of people and limiting movement of people who have or may have been exposed to the disease to see if they become ill.

During quarantine you will need to:

- Stay home and monitor for signs/symptoms
- Maintain a minimum distance of 6 feet between family members at all times
- Avoid contact with people as much as possible both inside and outside the home
- Avoid sharing dishes, glasses, bedding, and other household items

Individuals can leave quarantine when:

1. A minimum of 14 days has passed
2. The individual remains symptom free
3. There have been no further contacts with individuals testing COVID positive