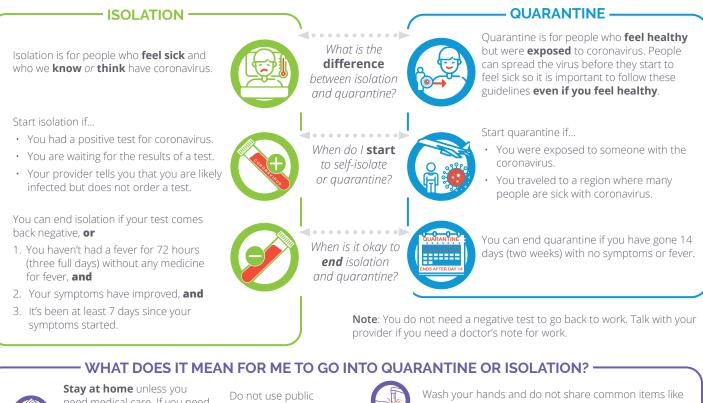
## **ISOLATION AND QUARANTINE GUIDELINES FOR PATIENTS**

The goal of guarantine and isolation is to **stop the spread of coronavirus**. We do this by separating people who are healthy from people who we **know** or **think** may have the virus.





need medical care. If you need transportation like buses, to go to the doctor, make sure 🔶 taxis, or ride-sharing apps you **call ahead** so they can to get to the doctor. prepare for your arrival.



Do not allow visitors -- try **calling** loved ones or video chatting with them instead.



Try to spend most of your Stay away from other time in a specific room that people in your home. others do not enter.



Use a different bathroom from everyone else. If you only have one bathroom make sure to wipe down all surfaces after use.

Stay at least 6 feet away from other people. If that's not possible, you should wear a mask.

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towels, dishes, or glasses.



Do not cook or touch food for other people.



Clean 'high touch' surfaces like doorknobs and light switches daily.



Do not touch your pets while you're sick. If you do need to care for them, wear a face mask and wash your hands before and after.



Wash clothes and bedding using the warm or hot water then dry them completely. Wear disposable gloves while handling dirty laundry. Wash your hands with soap and water or hand sanitizer when you're done.

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## WHAT SYMPTOMS DO I CHECK FOR? WHEN SHOULD I CALL MY HEALTHCARE PROVIDER?

- If you are in quarantine and start to have mild symptoms like fever, cough, sore throat, or body aches you may have Coronavirus. Call your doctor, nurse, or the local health department right away and **stay home**.
  - If you are in **quarantine** or **isolation** and start to have **emergency warning signs**, call your doctor or nurse right away. \*Emergency warning signs include\*:

- Trouble breathing - Pain or pressure in the chest - New confusion or can't wake up - Bluish lips or face

\* This list is not a complete list. Please call your doctor or nurse for any other symptoms that are severe or worrisome.

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