

ISOLATION AND QUARANTINE GUIDELINES FOR PATIENTS

The goal of quarantine 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.

ISOLATION

Isolation is for people who **feel sick** and who we **know or think** have coronavirus.



Start isolation if...

- You had a positive test for coronavirus.
- You are waiting for the results of a test.
- Your provider tells you that you are likely infected but does not order a test.

You can end isolation if your test comes back negative, **or**

1. You haven't had a fever for 72 hours (three full days) without any medicine for fever, **and**
2. Your symptoms have improved, **and**
3. It's been at least 7 days since your symptoms started.



What is the **difference** between isolation and quarantine?

When do I **start** to self-isolate or quarantine?

When is it okay to **end** isolation and quarantine?

QUARANTINE

Quarantine is for people who **feel healthy** but were **exposed** to coronavirus. People can spread the virus before they start to feel sick so it is important to follow these guidelines **even if you feel healthy**.



Start quarantine if...

- You were exposed to someone with the coronavirus.
- You traveled to a region where many people are sick with coronavirus.



You can end quarantine if you have gone 14 days (two weeks) with no symptoms or fever.

Note: You do not need a negative test to go back to work. Talk with your provider if you need a doctor's note for work.

WHAT DOES IT MEAN FOR ME TO GO INTO QUARANTINE OR ISOLATION?



Stay at home unless you need medical care. If you need to go to the doctor, make sure you **call ahead** so they can prepare for your arrival.

Do not use public transportation like buses, taxis, or ride-sharing apps to get to the doctor.



Wash your hands and do not share common items like towels, dishes, or glasses.



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



Do not cook or touch food for other people.



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



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



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



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.



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



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.

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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