



## **LEAVE AT HOME INSTRUCTIONS**

### Respiratory Infection/Suspected or Confirmed COVID-19

These instructions are for individuals with an acute respiratory infection that are confirmed or suspected to be COVID-19, and do not require hospitalization or emergent care.

- 1) Separate yourself from other people and animals in your home and maintain a 6 foot “social” isolation zone.
- 2) Wear a facemask when you are around other people or at a health care providers office.
- 3) Prohibit visitors who do not need to be in your home.
- 4) Do not share personal household items (i.e., toothbrush, drinking cups, towels, bedding, etc.).
- 5) Cover your coughs and sneezes with tissue, throw away soiled tissues in a lined trash can.
- 6) Clean your hands often by washing for 20 seconds with soap and water or use a hand sanitizer that is at least 60% alcohol concentration.
- 7) Monitor your symptoms, take your temperature at least twice a day, and seek prompt medical attention if your symptoms worsen, these include:
  - a. Worsening cough or shortness of breath
  - b. Persistent fever over 100.4°F (38°C)
- 8) If symptoms worsen and you need re-evaluation by a medical professional call your personal physician or clinic, prior to going into the healthcare facility. Also contact them for advice on testing for possible COVID-19 or other guidance.
- 9) If symptoms worsen to the point of needing emergency care call 911.
- 10) In any case remain in self-quarantine for 14 days from the point of known or suspected exposure, or until you do not have a fever for 72 hours or more.