

COVID-19 SELF-ISOLATION GUIDELINES

Isolation separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. This helps prevent the spread of disease.

Hearing that you need to isolate and disconnect from others may be disconcerting, but the goal is to ensure that you are healthy, while also protecting others from exposure to illness.

It is crucial to complete the entire length of the 14 day self-isolation.

MONITOR YOUR SYMPTOMS

Monitor your body temperature and record the results and time taken.

Symptoms to watch for:

Fever over 100.4 F

Cough

Shortness of Breath

SEPARATE

Stay in a specific room and away from other people in your home. If possible, use a different bathroom than other people. Clean after use if no other bathroom is available. Be sure to wash your hands after using the bathroom.

HOUSEHOLD ITEMS

Do not share any eating or kitchen utensils with other people in your home. Do not share bedding or towels. Be sure to wash thoroughly with soap and water after each use.

FACE MASK

Wear a face mask if you need to leave the designated room. Avoid leaving the room unless there is an emergency or you are getting medical care. Be sure to cover both the mouth and nose.

COVER COUGHS & SNEEZES

Cover your mouth and nose when you cough or sneeze. Use a tissue or the inside/crook of your elbow. Dispose properly of tissues in a lined trash can. Wash your hands immediately after.

WASH YOUR HANDS

It is important not to contaminate objects that others may touch. Always wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Your Daily Health Log

Please record your temperature once or twice daily, and write down any symptoms or concerns.

DAY	DATE	AM TEMP (°F)	PM TEMP (°F)	SYMPTOMS (COUGH, SHORTNESS OF BREATH, ETC.)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Contact Health and Counseling Services: Medical Clinic at (217) 581-3013.

If you feel you need immediate treatment of very serious or critical conditions, call 9-1-1.