

COVID-19: Isolation

Who Should Isolate:



- Someone who tested positive for COVID-19.



- Someone who is experiencing COVID-19 symptoms.

What Does Isolation Mean:



- **For someone who tested positive for COVID-19:** Stay home until you meet the criteria for release from isolation.
- **For symptomatic individuals:** Stay home for 10 days from the start of symptoms with the exception of seeking medical care and testing. Please call before going to see a healthcare provider and let them know you are symptomatic.



- Ideally you should have zero contact with anyone else, including household members.
 - If you cannot isolate completely, you should still practice social distancing and other prevention measures as much as possible.
 - Being unable to completely isolate from your household members means that they will need to remain in quarantine for 10 days after you leave isolation. Then they need to monitor for symptoms for 4 more days.



- You cannot have visitors.



- You cannot go out in public (example: work, grocery stores, banks, gas stations, beaches, or parks).
 - If you need supplies, someone can drop them at your door while you remain inside with the door closed.



- You can leave isolation for necessary and emergency medical care. Please call ahead and let the facility and provider know that you are COVID-19 positive or experiencing symptoms.