

Patient Isolation Instructions for Confirmed or Suspected COVID-19

Your healthcare provider has determined that you do not need to be hospitalized and can be isolated at home. You will be monitored by staff from your local health department. You should follow the prevention steps below until a healthcare provider or the local health department says you can return to your normal activities.

- Stay home except to get medical care.
 - Restrict activities outside your home.
 - Don't go to work, school or public areas.
- Separate yourself from other people and animals in your home.
 - As much as possible, stay in a specific room and away from other people in your home.
 - Use a separate bathroom, if possible.
 - It is still recommended that contact with animals be limited until more information about the virus is known.
- Call ahead before visiting your doctor.
- Wear a facemask.
 - Wear a facemask when you are around others.
- Cover your coughs and sneezes.
 - Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for 20 seconds or an alcohol-based hand sanitizer.
- Clean your hands often
 - Wash your hands with soap and water for at least 20 seconds
 - Use 60 % alcohol-based hand sanitizer
- Avoid sharing personal household items or hygiene items
 - Do not share dishes, drinking glasses, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- Clean all "high-touch" surfaces everyday
 - Clean high touch surfaces such as counters, tabletops, doorknobs, bathroom fixtures (toilets, sinks), keyboards, tablets. Use a household cleaning spray or wipe, according to the label instructions.
- Monitor your symptoms
 - Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them you are being evaluated for COVID-19.
- Discontinuing home isolation.
 - Patients with conformed COVID 19 should remain under home isolation until the healthcare provider or local health department advises them that they can return to normal activities.

If you have questions, please contact your healthcare provider or the Lincoln Trail District Health Department at 1-270-769-1601. You may also visit www.ltdhd.org ; www.kycovid19.ky.gov ; or www.cdc.gov/COVID19 for more information.