

WHAT DOES ISOLATION MEAN?

A diagnosis of COVID-19 triggers isolation.

Isolation is for those who are already sick and keeps the infected away from healthy people in order to stop the spread of the virus.

If your doctor or someone from your health department tells you that you need to **ISOLATE**, this is what you should do:



No sharing.

Don't share towels, silverware, cups, bowls, or plates with anyone else in your home.



Stay in a separate part of your home or at least 6 feet away from other people in your home.

At all times while you are sick if possible.



Stay home.

For as long as your doctor or health department tells you to, unless you have a health emergency – then **call ahead before you go to the doctor or hospital.**



No visitors.

Don't have anyone visit you at home while you are in isolation.



When is it okay to end isolation?

- 1) If at least seven days have passed since the onset of symptoms, **and**
- 2) Your symptoms have improved, especially coughing, **and**
- 3) No fever for at least 72 hours, without using fever reducing medication.



Wash your hands often.

With soap and water, for 20 seconds each time you wash them.



Still have questions?



Visit the **NALHD** website to learn more and find your local health department:
www.nalhd.org