# 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.



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.



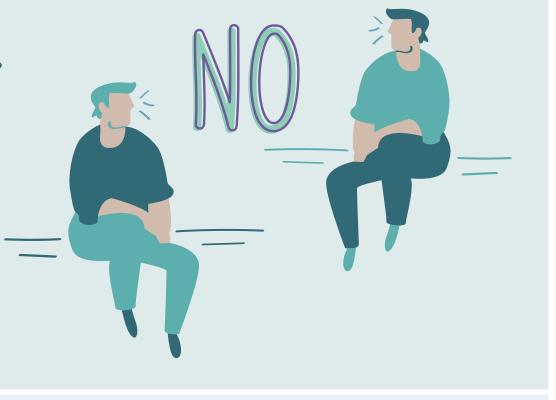
## When is it okay to end isolation?

- 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.



#### No visitors.

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



## Wash your hands often.

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







Visit the NALHD website to learn more and find your local health department:

www.nalhd.org