



Positive test results.....

Self-isolation and Public Health

October 2020

What does it mean to self-isolate?

Self-isolate means to separate people who are ill from those who are not. The goal is to keep COVID-19 from spreading.

People who have COVID-19 need to self-isolate for at least 10 days or until Public Health clears them, so they do not spread the virus or make others sick.

How do I self-isolate?

Self-isolating can be challenging because it means:

- Not leaving home unless seeking medical care.
- Staying in a separate room and using a separate bathroom from others in your home, if possible
- Avoiding contaminating common items and surfaces; cleaning and disinfecting surfaces you touch often, such as phones, doorknobs and toilets.
- Washing your hands often with soap and water for at least 20 seconds. Dry with a disposable paper towel, or be sure to replace a reusable towel when it gets wet.

What to expect when Public Health calls.....

An understanding that this is a difficult time and you are likely not feeling well. To that end, staff try to efficiently gather the information needed and give you the opportunity to ask questions as well.

What will Public Health ask?

Questions about

- illness and overall health (when did your symptoms start, what symptoms have you had, etc.)
- your close contacts (who lives in your household, where do you work, who have you spent time with, etc.)
- where you could have been exposed (travel, large gathering, etc.)

What else can be expected during the call...

- Information on how long you will need to self-isolate.
- Information on how to prevent spreading the virus to others.
- Arrangements will be made for monitoring (there are options-phone call, text, or email check-ins).
- Receive contact information for Public Health in case you have additional questions later.

