



# 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.

