



Isolation and Homecare Recommendations

If you are sick and have been diagnosed with COVID-19 or suspect that you have COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Symptoms of COVID-19

The most common symptoms of COVID-19 may include mild symptoms at the start such as headache, sore throat, fatigue, as well as muscle aches, fever, cough and shortness of breath. Not everyone may need to be tested, especially if your symptoms are mild and you are able to remain at home while you are ill. If you have tested positive for COVID-19, waiting for COVID-19 test results, or are feeling ill and think that you have COVID-19 but are not tested, you should follow the below instructions.

Stay home

You should restrict activities outside your home. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home

As much as possible, you should stay in a specific room and away from other people in your home (at least 6 feet whenever possible). Also, you should use a separate bathroom, if available. You should not be responsible for caring for others.

Call ahead before visiting your doctor

If you are concerned about your symptoms, **call** the healthcare provider first and tell them that you have or may have COVID-19. If you have a medical plan with Eagle County Public Health & Environment - follow that plan. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (for example, sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they are in the same room as you.

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 and immediately clean your hands with either alcohol based hand rub or soap and water.

Wash your hands

Clean your hands often. Wash thoroughly with soap and water for at least 20 seconds. Alternatively, if your hands are not visibly dirty, you can use an alcohol based hand rub with at least 60% alcohol, rubbing on all surfaces of the hands until dry. Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and hot water.

Monitor your symptoms

If your illness is worsening (for example, shortness of breath or difficulty breathing):

- Act quickly. Call your healthcare provider and tell them that you are a person who is confirmed to have, or may have COVID-19.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID19. If possible, put on a facemask before emergency medical services arrive.
- Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.
- People who are being monitored by public health for symptoms or who are instructed to self-monitor symptoms should follow instructions provided by public health.

Discontinuing home isolation

- Stay home for 7 days from the start of symptoms AND 72 hours until fever free, whichever is longer and as long as your symptoms are significantly improving.

Family Members and Roommates of a Person with Symptoms

- Household members that don't have symptoms: keep distance from the person that is ill as much as possible. This includes not sharing the same bedroom, staying at least 6 feet apart, and having the ill person wear a mask when in the same room. Monitor your health daily for any symptoms for 14 days.
- If you have symptoms, please stay away from healthy household members as much as possible and follow the guidance above.



General Guidance for Isolation/Quarantine for Mild Symptoms
03/12/2020

Test Status	Individual	Close Contacts	Other Precautions
Not Tested	Stay home until 72 hours after fever resolves (and symptoms get better) or 10 days after illness began, whichever is longer	If has symptoms: Stay home until 72 hours after fever resolves or 10 days after illness began, whichever is longer If no symptoms: free to go about normal activities	None
Test Pending	Remain isolated at home, away from others until results come back	If had symptoms: Stay home until 72 hours after fever resolves or 10 days after illness began, whichever is longer If no symptoms: free to go about normal activities	None
Negative	Stay home until 72 hours after fever resolves (and symptoms improve)	None	None
Positive/Confirmed	Remain isolated at home. ECPHE will contact for further instructions and monitoring. If symptoms improving may be cleared from isolation 72 hours after fever resolves or 10 days after illness began, whichever is longer	If identified as a close contact by ECPHE - quarantine at home for 14 days for symptom monitoring or testing	ECPHE will work with school, workplace or other facility where a confirmed case has been present.