

# COVID-19 (Coronavirus Disease)

## Quarantine & Isolation Guidance

### I have been advised to quarantine or isolate. What does that mean?

**Quarantine:** Quarantine is used to **keep someone who might have been exposed to COVID-19 away from others.** Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

For example, if you traveled to an area that the state of Kansas listed as a high-risk area or if you had close contact with a lab-confirmed COVID-19 person, you will be asked to quarantine for 10 days. Being vaccinated or previously diagnosed with COVID may change this. You will receive specific guidance from your health care provider.

**Isolation:** Isolation is used to **separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected.** People who are in isolation should stay home until it's safe for them to be around others.

The length of your isolation can vary on the duration and severity of your symptoms. You will receive specific guidance from your health care provider.

If you have been advised to quarantine or isolate, please follow the guidelines below:

- Stay home except to get medical care.
- Take your temperature with a thermometer two times a day (morning and evening) and monitor for fever or other symptoms of COVID-19.
  - You may use the daily monitoring log at the end of this booklet to track your temperature and symptoms.
- If you become ill or your symptoms worsen:
  - Seek prompt medical attention.
  - Before seeking care, call your healthcare provider and tell them that you have or are being evaluated for COVID-19.
  - Put on a facemask before you enter any healthcare facility. These steps will prevent further spread to other people.
- Restrict activities outside your home, except for seeking medical care.
  - Do not go to work, school, or public areas (including but not limited to grocery stores, restaurants, and sports activities).
  - Avoid using public transportation, ride-sharing (Uber, Lyft, etc.), or taxis.
- You may go outside in your private yard, but you may not meet with neighbors or visitors in your yard.
- Do not allow visitors into your home during the quarantine or isolation period.
- If family or visitors are bringing you supplies, food or medications, have them leave them by your door so that you can retrieve them without exposing anyone.
- Separate yourself from other people in your home.
  - If possible, have the persons that reside in your household find another place to stay while you are in quarantine or isolation, so as not to become exposed if you are ill or become ill with COVID-19.
  - If that is not possible, you should stay in a specific room and away from other people in your home and use a separate bathroom, if available.
- Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze and then immediately perform hand hygiene.



- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Clean all "high-touch" surfaces every day.
  - High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- If you have a medical emergency and need to call 911, notify them that you have or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## I have been tested for COVID-19 and am waiting for results. Now what?

Go directly home and remain in isolation until you are given further guidance by your healthcare provider. You should not stop to see family or friends, go the grocery store, or get fast food on your way home.

## BEFORE YOU TAKE YOUR TEMPERATURE



Wait 30 minutes after eating, drinking, or exercising.

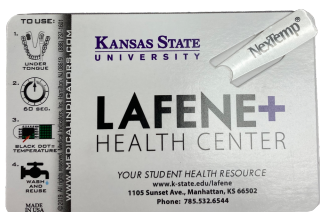
**6**  
hours



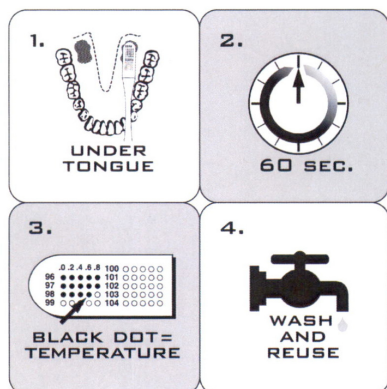
Wait at least 6 hours after taking medicines that can lower your temperature, like:

- Acetaminophen, also called paracetamol
- Ibuprofen
- Aspirin

## TAKING YOUR TEMPERATURE



### Thermometer Use



- Hold the tip of the thermometer under your tongue for **60 seconds**.
- Read your temperature. If your temperature is **100.4 degrees F/38 degrees C** or higher, you have a fever and you need to call your health department or Lafene Health Center.
- Write your temperature in the **Symptom and Temperature Log** in this booklet.
- Clean your thermometer with warm soapy water or an alcohol swab.
- Your thermometer can be tucked back into your card and used again. It has a 5-year shelf life.



Monitor yourself for fever (>100.4 degrees F/38 degrees C) twice daily. Mark the date, time you took your temperature (mark whether it was AM or PM) and temperature. Monitor yourself for the symptoms listed below daily as well. If you develop any of the symptoms or if your current symptoms worsen, please call Lafene Health Center. If you have a medical emergency and need to call 911, notify them that you have or are being evaluated for COVID-19.

Monitor yourself daily for the following symptoms:

- Fever
- Sore throat
- New loss of smell or taste disorder
- Chills or severe shivering (rigors)
- Cough
- Muscle Aches
- Shortness of breath
- Diarrhea
- Weakness or malaise
- Difficulty breathing
- Headache

DAY	DATE		SYMPTOMS	TEMP
DAY 1	Feb. 2, 2020	AM	No symptoms	97.4 F
		PM	No symptoms	98.6 F
DAY 2	Feb. 3, 2020	AM	No symptoms	96.9 F
		PM	No symptoms	98.6 F
DAY 3	Feb. 4, 2020	AM	No symptoms	98.0 F
		PM	No symptoms	98.6 F
DAY 4	Feb. 5, 2020	AM	No symptoms	97.3 F
		PM	No symptoms	98.6 F
DAY 5	Feb. 6, 2020	AM	No symptoms	96.5 F
		PM	No symptoms	98.6 F

## Symptom and Temperature Log

DAY	DATE		SYMPTOMS	TEMP
DAY 1		AM		
		PM		
DAY 2		AM		
		PM		
DAY 3		AM		
		PM		
DAY 4		AM		
		PM		
DAY 5		AM		
		PM		
DAY 6		AM		
		PM		
DAY 7		AM		
		PM		
DAY 8		AM		
		PM		
DAY 9		AM		
		PM		
DAY 10		AM		
		PM		
DAY 11		AM		
		PM		
DAY 12		AM		
		PM		
DAY 13		AM		
		PM		
DAY 14		AM		
		PM		

