GUIDANCE FOR THOSE PRACTICING SELF-ISOLATION

CDC GUIDANCE FOR PEOPLE WITH CONFIRMED OR SUSPECTED COVID-19 WHO DO NOT NEED TO BE HOSPITALIZED AND PEOPLE WITH CONFIRMED COVID-19 WHO WERE HOSPITALIZED AND DETERMINED TO BE MEDICALLY STABLE TO GO HOME

- Stay home except to get medical care.
- Separate yourself from other people & animals in your home.
  - Stay in a specific room
  - Use a separate bathroom
- Call ahead before visiting your doctor.
- Wear a facemask
- Cover your coughs & sneezes.

- Clean your hands often!
- Wash your hands often with soap & water for 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing personal household items such as dishes, drinking glasses, cups, eating utensils, towels or bedding.
- Clean all “high touch” surfaces daily.

MONITOR YOUR SYMPTOMS
Seek prompt medical attention if your illness is worsening.

FEVER COUGH SHORTNESS OF BREATH

DISCONTINUING HOME ISOLATION
Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

If you have a medical emergency & need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19.

Helping Lexington be well.
For more information or questions:
E-mail: COVID19@lfchd.org • www.lfchd.org

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