



COVID-19

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



- Clean your hands often!
- Wash your hands often with soap & water for 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



- Call ahead before visiting your doctor.
- Wear a facemask
- Cover your coughs & sneezes.



- 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

