

HOME VS QUARANTINE VS ISOLATION

<h2>SOCIAL DISTANCING</h2> <p>Minimize interaction in crowded spaces by working from home, closing school, canceling large conferences/meetings, and keeping individuals 6 feet apart</p>	<h2>STAY HOME</h2> <p>Individuals are advised to stay home if mild cold symptoms present, such as runny nose/congestion, without exposure to COVID-19</p>	<h2>SELF-QUARANTINE</h2> <p>An individual does not have symptoms but may have been exposed to COVID-19 or has traveled to a place with COVID-19 (Check CDC travel notices at cdc.gov/travel/notices)</p>	<h2>SELF-ISOLATE</h2> <p>An individual has symptoms and has been exposed to COVID-19, is being evaluated for COVID-19, or has a confirmed case of COVID-19</p> <p><i>Common symptoms: fever, cough, & shortness of breath</i> <i>Less common symptoms: sore throat, nasal congestion, loss of smell and taste, vomiting, diarrhea, conjunctivitis (pink eye)</i></p>
<h2>AFFECTED INDIVIDUAL</h2>	<ul style="list-style-type: none"> Stay home until symptoms have resolved Call your primary care provider if symptoms worsen 	<ul style="list-style-type: none"> Stay home for 14 days Monitor for symptoms, including taking your temperature twice a day If symptoms develop, self-isolate OK to discontinue quarantine at the end of the 14 days if no symptoms develop 	<ul style="list-style-type: none"> If the sick individual is isolated at home, separate from the rest of the household if possible Seek medical attention if symptoms are severe (call first if possible) OK to discontinue isolation 7 days after the start of symptoms IF symptoms have improved AND after being fever-free for 72 hours without the use of medication
<h2>HOUSEHOLD MEMBERS</h2>	<ul style="list-style-type: none"> Those without symptoms can leave the home as needed 	<ul style="list-style-type: none"> Do not leave the home and do not allow visitors for 14 days 	<ul style="list-style-type: none"> Remain in quarantine for 14 days in a separate area from the sick individual if possible If unable to separate, the entire household remains in quarantine for 14 days The designated caregiver should follow precautions from Public Health.