OAKLAND COUNTY MICHIGAN
HEALTH DIVISION
DAVID COULTER
OAKLAND COUNTY EXECUTIVE

CORONAVIRUS COVID-19

QUARANTINE & ISOLATION

Updated 9/4/20

YOU MAY BE ASKED TO DO ANY OF THE FOLLOWING:

	WHO SHOULD DO IT?	WHAT IS IT?
QUARANTINE	People without symptoms who recently had close contact (less than 6 feet for 15 minutes or more) with someone with COVID-19.	• Stay home 24/7 for 14 days, watch for symptoms and maintain physical distance (at least 6 feet) from others at all times. • Check and record your temperature 2x a day. • Family and roommates should practice physical distancing. • Call your Health Department if symptoms develop.
ISOLATION	People with or without symptoms of COVID-19, diagnosed with COVID-19, or who are awaiting test results for COVID-19.	• Stay home. • Stay in a separate room from other household members. • Use separate bathroom if possible. If sharing a bathroom, keep toothbrushes separate and disinfect all surfaces after each use. • Avoid sharing personal items like dishes, drinking glasses, cups, eating utensils, towels, or bedding with household members. • Household members should practice self-quarantine and monitoring. • Wear a mask if you are around others and pets. • Stop isolation when the following conditions are met: - People with symptoms: At least 10 days after symptoms began AND 24 hours after no fever without fever reducing medications and symptoms have improved. - People without symptoms: 10 days after first positive diagnostic/viral test if no symptoms develop. If symptoms develop after testing positive, follow the guidance in the bullet above.

Learn more about slowing the spread of COVID-19 at www.oakgov.com/covid.
For questions call Nurse On Call at 1.800.848.5533.

The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.

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SELF-MONITORING GUIDANCE

Stay home and monitor for symptoms if you have had contact with a person who has tested positive for COVID-19.

Monitor your health two times a day; every morning and night for 14 days from last exposure to case.

- Watch for symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatique, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
- Write down any symptoms you experience.
- Take your temperature twice a day and write it down. Before you take your temperature:
  - Wait 30 minutes after eating, drinking, or exercising.
  - Wait 6 hours after taking medicines that can lower your temperature: acetaminophen/paracetamol, ibuprofen, or aspirin.
  - Clean thermometer with soap and water after use.

If you have a fever of 100.4 F (38C), cough, or trouble breathing:

- If this is a life threatening emergency call 911.
- Call your healthcare provider's office or emergency department before seeking care. Explain your symptoms and that you are self-monitoring.

Practice good health habits.

- Wash your hands with soap and warm water for 20 seconds and help young children do the same. If soap and water is not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze or cough/sneeze into your upper sleeve. Immediately throw away used tissue in the trash, then wash hands.
- Avoid close contact with others, sharing cups, or sharing eating utensils.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs.
- Be sure to get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Do not travel, unless you are seeking medical care. Call ahead before seeking care.

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NURSE ON CALL PUBLIC HEALTH INFORMATION
800.848.5533 NOC@OAKGOV.COM
OAKGOV.COM/HEALTH
@PUBLICHEALTHOC

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6/15/20

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CORONAVIRUS COVID-19

SYMPTOM AND TEMPERATURE LOG

If you have recently had close contact (less than 6 feet for 15 minutes or more) with someone with COVID-19 and do not have symptoms, write down your temperature and any COVID-19 symptoms you experience. Do this two times a day for 14 days after your possible exposure or as indicated by your healthcare provider.

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

If you get sick, contact your healthcare provider. Notify them you are self-monitoring and of any recent travel.

If you have a medical emergency, call 911, and let them know you may have COVID-19.

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3/18/20

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OAKLAND COUNTY EXECUTIVE

CORONAVIRUS COVID-19

GUIDELINES FOR THOSE TAKING CARE OF OTHERS IN SELF-ISOLATION

Updated 9/1/20

Household members or caregivers may have close contact with someone who is in self-isolation with symptoms of COVID-19 or diagnosed with COVID-19. Household members/close contacts should follow these recommendations when caring for others in self-isolation:

PROTECT YOUR OWN HEALTH

- Washing your hands often with soap and warm water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoiding sharing cups, drinking bottles, utensils and eating food from the same dish as the patient.
- Practice healthy habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

MONITOR THE PATIENT'S HEALTH

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. Help with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting more sick, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19 or is in self-isolation with symptoms of COVID-19.
- If patient has a medical emergency and you need to call 911, notify dispatch personnel that the patient has, COVID-19 or is in self-isolation with symptoms.

ISOLATE THE PATIENT

- Other household members should stay in another room or be separated from the patient as much as possible, including using a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for pets in the home. The patient should not handle pets or other animals while sick. For more information, see COVID-19 and Animals.
- Avoid sharing personal items with patient like dishes, towels, and bedding.

CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES

- Clean all commonly touched surfaces like counters, tables, light switched, and door knobs/handles. Use a household cleaning spray or wipe according to the label instructions.
- Wash laundry thoroughly.
  - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
  - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.

TAKE PRECAUTIONS

- The patient should wear a facemask, if available, around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- Wear a disposable facemask, if available, and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
  - Throw out disposable facemasks and gloves after using them in a lined container before disposing of them with other household waste. Do not reuse. Clean your hands immediately after handling these items.
  - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
  - During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

WHEN TO END HOME ISOLATION (STAYING HOME)

Isolation of symptomatic persons with COVID-19 can be discontinued:

- At least 10 days after symptoms began AND 24 hours after no fever without fever reducing medications and improved symptoms.

Isolation of NON-symptomatic persons with COVID-19 can be discontinued:

- 10 days after positive test taken if no symptoms develop
  - If symptoms develop after testing positive, follow the guidance for symptomatic persons above.

This is an evolving situation and information/resources will be updated as available at www.oakgov.com/covid. Our Nurse on Call is available at 800-848-5533

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