

HOME ISOLATION INSTRUCTIONS AFTER COVID-19 TESTING



The following instructions are for people who were tested for COVID-19. It also includes information for their families or caregivers.

SEEKING MEDICAL CARE

If your symptoms get worse seek medical care quickly, especially if you are at higher risk of serious illness.



Risk Factors:

- Age 65 years and older
- Pregnant
- Have medical conditions

CALL 911 IF THERE ARE EMERGENCY WARNING SIGNS LIKE:



Difficulty breathing



Pressure or pain in the chest



Bluish lips or face



Confusion or hard to wake



Other serious symptoms

PROTECTING OTHERS FROM CORONAVIRUS

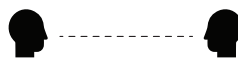
Coronavirus is HIGHLY CONTAGIOUS. Follow these steps to prevent the disease from spreading to people in your home and your community:



✓ Stay home except to get medical care. Avoid contact with others. **Do not go to work, school, or public areas.**



✓ If you must leave home while you are sick, do not use public transportation if possible.



✓ Stay at least 6 feet from others.



✓ Wash hands frequently with soap and water. Clean 'high touch' surfaces such as doors knobs, counters, and phones.



✓ Wear a cloth face cover when around others. Do not use face coverings in children under 2. Use with caution in children 2 - 8 years to avoid suffocation.

LENGTH OF HOME ISOLATION

(see next page)

LENGTH OF HOME ISOLATION

If your test result comes back positive, you should stay in home isolation until:

- ✓ You have been fever free without any fever-reducing medicines for **at least 3 days**

AND

- ✓ It has been **at least 7 days** since your symptoms first started

AND

- ✓ Most of your symptoms (cough, shortness of breath) have gotten better

FOOD AND OTHER ASSISTANCE

If you do not have someone to help you, try to arrange for food and other necessities to be left at your door.

Call 2-1-1 if you need help finding social services or essential items like food and medicines.

HOME CARE

There is no specific treatment for the virus that causes COVID-19. Rest and drink plenty of fluids. **Do not use products or medicines promoted as "anti-COVID-19" unless approved by a health care provider.** These may be dangerous.

INFORMATION FOR OTHERS IN YOUR HOUSEHOLD & CLOSE CONTACTS

- While waiting for your test results, or, if you test positive, you should tell your close contacts what they can do to protect themselves.
- Close contacts are those who have been closer than 6 feet to you since the **two days prior** to you getting sick. Your close contacts may be infected but may not know it yet.
- Tell close contacts that they should self-quarantine. **This means staying at home and avoiding contact with others for 14 days.**
- Tell them to monitor their symptoms for 14 days. If they experience fever, cough, shortness of breath or trouble breathing, sore throat, body aches, chills, headache, nausea/vomiting, and/or a runny nose, **then they should call their medical provider or call 2-1-1.**
- If they must leave home, they should stay at least 6 feet away from others and wear a face mask or cloth face cover.
- If your test result comes back negative, your household members and close contacts can stop their quarantine

FOR MORE INFORMATION

Visit coronavirus.baltimorecity.gov or the Centers for Disease Control cdc.gov/coronavirus/2019-ncov/index.html

The COVID-19 outbreak may be stressful. If you or someone you know is in crisis and needs immediate assistance **call the Baltimore Crisis Hotline at (410) 433-5175** / 24 hours a day / 7 days a week / MD Relay Dial 711

Call 2-1-1 for assistance with food, housing, or other services.

**BALTIMORE
CITY HEALTH
DEPARTMENT**



Bernard C. "Jack" Young
Mayor