

COVID-19 Quarantine Instructions

These instructions are for people who have been told to quarantine because they were a close contact to someone who has COVID-19.

What is quarantine?

- Quarantine separates people and restricts their movement if they were exposed to a contagious disease to see if they become sick.
- Quarantine is for people who are not sick but may have been in close contact to someone who is sick.
- Quarantine can be voluntary, but the Athens City-County Health Department has the legal authority to issue quarantine orders to people who were exposed to a contagious disease.

Who should quarantine?

- You should quarantine if you have a household member or have been a close contact to someone that:
 - Received a positive COVID-19 test result
 - Has symptoms of COVID-19 (cough, congestion or runny nose, shortness of breath, fatigue, fever, chills, body aches, headache, loss of taste or smell, sore throat, nausea or vomiting, and diarrhea)
- You are considered a close contact if you were within 6 feet of someone who has COVID-19 for at least 15 minutes.

How long does quarantine last?

Stay home or in your current location for 14 days so you do not spread the disease to healthy people.

If you get sick, begin following *Isolation Instructions* available at www.athenspublichealth.org.

What should I do while in quarantine?

Stay home, except to get medical care

- Call your medical provider before going and tell them that you are under quarantine (either by order or self-imposed). The medical provider will tell you what to do when you arrive for your visit to protect yourself and others.
- Restrict activities outside your home.
- Do not go to school, work or any public areas.
- Avoid using public transportation, ride shares or taxis.
- If you get sick and your illness is mild, you may be able to isolate and recover at home without seeing a medical provider. If your symptoms worsen, or if you are in a higher risk group because you are older than 60 or have a chronic illness, call your health care provider.

Practice actions that protect others

- Clean your hands often.
 - Wash your hands often with soap and water for at least 20 seconds.
 - If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry.
 - Soap and water are preferred if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes.
 - Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away.
 - If a tissue is not available, use your inner elbow or sleeve.
 - Immediately clean your hands (see above).
- Avoid sharing personal household items.
 - Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
 - After using these items, they should be washed thoroughly with soap and water.
- Clean surfaces every day.
 - Clean "high touch" surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - Clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.

If you need to seek medical care, CALL your healthcare provider or clinic FIRST to get instructions BEFORE going to a health care office, hospital, or urgent care.

If you have a medical emergency and need to call 911, notify the dispatcher you are quarantining for COVID-19.