



# Guidance for Isolation Planning

If you have had contact with someone who has tested positive for COVID-19 or are showing symptoms yourself or in your household, there's a chance you could have COVID-19.

## What should I do?

You should isolate. Isolation helps prevent the spread of COVID-19 by separating people who are sick from people who are not sick. Staying home is important. Do not go to work, school or public areas.



## Plan ahead

The recommendation for isolation is **14 days**. Here's what you should have in your home.

- Food and water (non-perishable and frozen foods keep well)
- Prescription medications
- Cleaning supplies
- Hand soap/hand sanitiser
- Pet food
- Toilet paper, paper towels, tissues
- Thermometer and fever-reducing medications
- Phone/tablet/computer charger
- Entertainment options (books, puzzles, etc.)
- Face mask

Have Questions? Contact the 24-hour Flu Hotline on **1-800-534-8600** or **925-6327** or **947-3077**, or **email [flu@hsa.ky](mailto:flu@hsa.ky)**.



## Instructions to Follow

- Monitor for symptoms of fever, cough and difficulty breathing. If they get worse, contact your healthcare provider
- Separate yourself from other people in your household – for example, try not to be in the same room as other people at the same time
- Do not interact with people outside of your direct household
- Stay in a well-ventilated room with a window that can be opened
- Ask friends, family members or delivery services to carry out errands for you such as getting groceries, medicines or other shopping
- Make sure you tell delivery drivers to leave items outside for collection
- Clean and sanitise your living space regularly
- Use separate sheets and towels from anyone else in the household and launder at the hottest temperature possible for the material
- Wash utensils thoroughly with soap and water
- Do not invite visitors to your home or allow visitors to enter
- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home

