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

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

Have Questions? Contact the 24-hour Flu Hotline on 1-800-534-8600 or 925-6327 or 947-3077, or email flu@hsa.ky.