Isolation Guidance

Advice for persons with & without symptoms of infection, who are isolating themselves due to potential exposure to novel coronavirus (COVID-19). These actions will help to protect others inside & outside of your home from infection.

Isolate yourself

- **stay in your home or temporary residence**, do not go to work, school or other public areas
- **separate yourself** from others in your home or temporary residence
- **use separate facilities** if sharing, these should be cleaned before use by others
- **have food, medication & other supplies** delivered to you
- **do not have visitors** in your home or temporary residence
- **there is no evidence** that pets can be infected with coronavirus however, it is good practice to wash your hands after contact

Prevent the spread of infection

- **frequently cleanse hands** with soap & water or an alcohol-based hand sanitizer
- **cough or sneeze** in a tissue & bin it
- **use separate household items** such as towels, bedding, cups & dishes
- **wear a mask** when you are around others, *only* if you have been told to do so
- **regularly wash hands** with soap & water

Take care of your health & wellbeing

**For those with symptoms of infection:**
- **get plenty of rest** until you feel better
- **drink enough fluids** so that you pass urine regularly
- **take paracetamol** as advised, to reduce pain & fever

**For everyone in self-isolation:**
- **keep in contact** with friends & family by phone, video & online
- **carry on hobbies & interests** within your home if you are able to
- **take regular exercise** within your home if you are able to

Seek help if you develop symptoms or if existing symptoms worsen by calling the flu hotline on 1-800-534-8600 or 947-3077. For emergencies (eg. difficulty breathing) call 911.

For the latest updates and information, please visit HSA.ky/public-health/coronavirus or gov.ky/coronavirus