

# 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](https://HSA.ky/public-health/coronavirus) or [gov.ky/coronavirus](https://gov.ky/coronavirus)