

**Carroll County  
Health Department**



**Public Health**  
Prevent. Promote. Protect.

**Quick Guide for COVID-19 Isolation Recommendations**

You are being asked to isolate because you tested positive for or have symptoms that mean you may have COVID-19. These instructions will help you take actions to protect your household members from getting this disease.

- If at all possible, do not leave your home. Have food, medicine, and supplies delivered.
- Stay away from other people and pets
- Do not allow any non-essential visitors in your home
- Use a separate bedroom and bathroom than other household members, if available
- Get rest and stay hydrated (drink a lot of water)
- Cover your coughs and sneezes; discard tissues in the trash
- Clean your hands often with soap and water
- Avoid sharing personal items like dishes, towels, and bedding
- Clean all surfaces (kitchen, living space, and bathrooms) every day
- Wash laundry thoroughly
- Make sure that shared spaces in the home have good air flow, by using an air conditioner or opening windows and using a fan, weather permitting
- Monitor your health by completing a *Symptom Checklist* every day at the same time and call your health care provider to report any new symptoms
- If you must call 911 or visit your health care provider, call ahead and inform them you are on isolation for COVID-19

If you have questions or need to talk with Carroll County Health Department staff, you may call the COVID-19 Call Center at 410-876-4848, between 8am and 5pm, Monday-Friday.

**You will need to stay home on isolation for at least 10 days from the day of **FIRST** symptoms **PLUS** have your last 24 hours without fever (without the use of fever-reducing medications) **AND** Have your symptoms improving (getting better) or resolved (gone)**

- For more details and special circumstances for people who have a weakened immune system, visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

# 10 things you can do to manage your COVID-19 symptoms at home

## If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes.**



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

## **Carroll County Health Department** **Information for people who are on Isolation for COVID-19**

This information is being given to you because you have either tested positive or have symptoms that can be related to COVID-19 (coronavirus) infection. This fact sheet gives some basic information on COVID-19 and what you can do to keep yourself and your loved ones safe.

### **About COVID-19**

COVID-19 is the name of the infection caused by this new or “novel” coronavirus. The specific strain of virus is SARS-CoV-2.

Health officials first reported the disease in Wuhan City, China, in late December 2019. It has since been reported across the world.

### **How serious is it?**

We think there are many people with no, mild, or moderate symptoms; but some people can become seriously ill and require treatment in a hospital. Those most at risk of becoming seriously ill are those with weakened immune systems, older people, and those with pre-existing health conditions such as diabetes, cancer and chronic lung disease. Most of the people who have died after contracting COVID-19 had pre-existing health conditions.

Healthcare professionals can treat most of the symptoms, but there is no vaccine or cure for COVID-19 at this time. Researchers and medical providers are working hard to develop treatments and eventually a vaccine.

### **What does close contact mean?**

People are at highest risk of catching the virus if they are a *close contact* of a person with COVID-19. Based on current research, *you are a close contact if:*

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period while the person was infectious, which is 2 days before illness onset or 2 days before a positive test was taken if there are no symptoms
- You provided care at home to someone who has COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils with the person
- The person sneezed or coughed on you, or shouted, sang, or talked close to you - these are all ways small droplets can be spread

In a health care setting, close contact can include:

1. caring for a patient with COVID-19 without adequate personal protective equipment according to [CDC health care provider guidance](#)
2. having direct contact with a lab specimen from someone who is positive for COVID-19 in a way that is not consistent with [CDC specimen-handling guidelines](#)

People who are a close contact of someone with COVID-19 may have contracted the virus and need to take action to protect others.

### **What is the difference between quarantine and isolation?**

Quarantine is staying in place, either at home or elsewhere, for fourteen days **because you have been exposed to someone who has tested positive for COVID-19.** (See our contact tracing web page for exceptions.)

Isolation is staying in place, either at home or elsewhere, for 10 days or more **because you have tested positive or have symptoms of COVID-19.**

### **What should I do if I develop symptoms?**

Most people with COVID-19 have one or more of the following symptoms:

- fever (at least 100.4°F or 38°C)
- subjective fever (feel feverish)
- chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of sense of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

Some people may not have any symptoms, but may have the infection and be able to spread the infection, this is why we recommend you stay at home for a period of time, to limit infecting others.

If you have any emergency warning signs for COVID-19, get medical attention immediately: trouble breathing, persistent pain or pressure in chest, new confusion or inability to arouse, bluish lips or face. If you call 911, notify the operator that you have COVID-19.

If anyone in your household develops COVID-19 symptoms, contact their health care provider and let them know they were exposed to COVID-19.

### **How can I protect my household members from COVID-19?**

See the CDC handout for information on preventing the spread of COVID-19 in your household.

### **When will my isolation end?**

You need to be on isolation for at least 10 days since the first day of your symptoms. On day 10, if you have not had a fever for the past **24 hours** without the use of fever reducing medications and your symptoms are improving (getting better) or resolved (gone) you can be released from isolation. \*Note: If you work in a health care facility (in any position), you may need additional requirements to return to work. Contact your employer as soon as possible and let them know about your infection.

For more information on COVID-19, visit:

Carroll County Health Department COVID-19 page: <https://cchd.maryland.gov/covid-19/>

Maryland Department of Health COVID-19 page: <https://coronavirus.maryland.gov/>

Centers for Disease Control (CDC) COVID-19 page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**Or call the COVID-19 Call Center at 410-876-4848**



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