

How to Isolate at Home with COVID-19 Symptoms

The Minnesota Department of Health (MDH), using U.S. Centers for Disease Control and Prevention (CDC) guidelines, has determined that you should practice self-isolation and self-monitoring in order to protect yourself and your community from coronavirus disease 2019 (COVID-19).

Please carefully review additional information provided to you by MDH and CDC including [Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html) (www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html).

Self-Isolation



Stay home. If you need medical care, it is important you follow the instructions below. Do not use public transportation, ride-sharing, or taxis.



Separate yourself from other people and pets in your home. As much as possible, you should stay in a specific room and away from other people in your home. Also, use a separate bathroom, if available. Avoid handling pets or other animals while sick.



Wear a facemask if you need to be around other people and cover your mouth and nose with a tissue when you cough or sneeze.



Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water. **Clean all high-touch surfaces in your home daily.**



Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing 60% to 95% alcohol. Avoid touching your face with unwashed hands.

Self-Monitoring



Watch for worsening symptoms, shortness of breath, or difficulty breathing.



If you need medical care, contact your health care provider. If you need emergency medical attention during this time, call 911 and let them know you are being tested for COVID-19.

If you have any questions please contact your health care provider or MDH at 651-201-5414.

MDH Recommendations July 2020

- **All patients with undiagnosed fever and/or acute respiratory symptoms** (cough, shortness of breath), or any of the following symptoms: muscle pain, chills, fatigue, headache, sore throat, nausea, vomiting, diarrhea, and/or new loss of taste or smell) - even those not tested - should self-quarantine until all three of these things are true: You feel better. Your cough, shortness of breath, or other symptoms are better; **and** it has been 10 days since you first felt sick; **and** you have had no fever for the last 24 hours (without taking fever-reducing medications). Patients with symptoms should isolate themselves from household and intimate contacts as much as possible.
- **Household and intimate contacts** of these individuals should limit their activities in public for 14 days after exposure. Incorporate precautions in the home, and monitor for symptoms. People who have symptoms of COVID-19 should get tested.

If symptoms become severe, please call
Glacial Ridge Hospital at 320.634.4521 or 911.
Let them know you are isolating at home with
COVID-19 symptoms.



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