

# Isolation Guidelines for COVID-19 Positive Individuals



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

Coffey County Health Department

## While in isolation...

- Do not leave your home unless it's an emergency
- Stay in a separate bedroom
- Use a separate bathroom
- Do not use common areas of the house such as the living room/dining room
- Do not use food prep areas
- Do not prepare food or drink for others
- Use disposable flatware and dishes
- Dispose of all trash in your private room/bathroom and take outdoors yourself
- You should have no interaction with other household members who are healthy/COVID negative
- While in isolation, you should have groceries, medications, essentials delivered to your home and left on the doorstep.
- 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, covering all surfaces of your hands and rubbing them together until they feel dry.
- Cough or sneeze into your elbow or a tissue, if possible.
- Sanitize all "high-touch" surfaces daily. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe, according to the label instructions. (Some sprays and wipes require the surface to be wet for 2-10 minutes to be considered effective.)

## How long is isolation?

- Isolation begins the day your COVID-19 symptoms begin and lasts 10 days **OR** until 72 hours after fever is gone without the use of fever reducing medication **AND** there has been a significant improvement in symptoms, *whichever is longer*.

## When/how should I seek medical attention?

- It becomes difficult to breathe
- Your symptoms become unmanageable at home
- ***If you need to seek medical attention, call ahead and inform the facility that you are COVID-19 positive, so that they may give you special instructions if necessary.***

**We will check in with you regularly during your isolation.  
Please reach out to us with questions or concerns @ 620-364-8631**