

Guidelines for Home Quarantine and Practicing Social Distancing

WHAT DOES HOME QUARANTINE MEAN?

To keep our hospital capacity available for patients with severe cases of COVID-19, Lafayette General Health will evaluate whether a person with confirmed or suspected cases of COVID-19, can be cared for at home. This is called home quarantine.

To quarantine means to separate a person or group of people who have been exposed to a contagious disease, from those who have not been exposed, in order to prevent possible community spread.

For COVID-19, the period of quarantine that's recommended by the CDC is 14 days from the last date of exposure.

If required to stay under home quarantine, take the following steps to monitor your health and practice social distancing:

- Stay at home, except to receive medical care
- Call ahead before visiting your physician
- Avoid contact with others and any animals in your home
- Clean hands often
- Avoid sharing personal household items
- Clean "high-touch" surfaces daily
- Monitor your symptoms and take temperature

If your symptoms worsen, call your physician for proper guidance.

If you have a medical emergency and need to call 911, notify the dispatch that you are suspected, or have, a confirmed case of COVID-19.

WHAT IF I LIVE WITH SOMEONE WHO HAS BEEN PUT UNDER HOME QUARANTINE?

Close contacts should monitor their health and call their healthcare provider if they develop symptoms of COVID-19 (e.g., fever, cough, shortness of breath). Below are other things to consider:

- **Monitor the patient's symptoms.** If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19
- **Household members should stay in another room or be separated from the patient as much as possible.** If available, use a separate bathroom and sleep in a different bedroom
- **Prohibit visitors** who do not have an essential need to be in the home
- **Household members should care for any pets** in the home and provide support for getting groceries, prescriptions and other personal needs
- **Perform hand hygiene frequently.** Wash your hands often with soap and water for at least 20 seconds
- **Avoid touching your eyes, nose and mouth with unwashed hands**
- **Avoid sharing household items** such as dishes, drinking glasses, cups, utensils, towels, bedding, or other items