

# Stop the Spread of COVID-19



## Isolation



### What is isolation?

Isolation is for people who have been diagnosed with COVID-19.

If you have COVID-19, being in isolation means you must stay home and away from others while you are infectious in order to stop the spread of the virus to anyone else.



### Length of isolation

If you have COVID-19 with mild symptoms, you must isolate until:

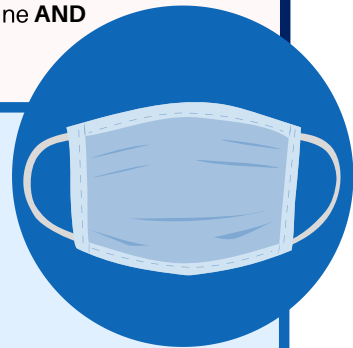
- 10 days have passed since your symptoms first appeared **AND**
- You have not had fever of 100.4° F or higher for at least 24 hours without the use of fever-reducing medicine **AND**
- Your symptoms, such as cough or shortness of breath, are improving.

If you have COVID-19 and are not experiencing any symptoms, you must isolate until:

- 10 days have passed and no symptoms have developed since your positive COVID-19 test.

If you have severe COVID-19 and have been hospitalized or if you have a weakened immune system, you must isolate until:

- 20 days have passed since your symptoms first appeared **AND**
- You have not had fever of 100.4° F or higher for at least 24 hours without the use of fever-reducing medicine **AND**
- Your symptoms, such as cough or shortness of breath, are improving.



### Restrictions during isolation

- **Remain at home and avoid all public activities.** This means do not go to work, church, school, stores (including grocery stores), nor any public events or places.
- **Do not have visitors** in your home.
- If you live in a home with other people, **stay in a separate room.** If that is not possible, wear a face mask when you are in the same room as others and stay at least 6 feet away from them (i.e. practice social distancing even in your home).
- **Wash your hands** and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, cups, forks, spoons, towels, etc.
- **Do not leave your home** except to get urgent or emergency medical care. If you need to see a doctor for reasons other than a medical emergency, please call your medical provider ahead of time to make proper arrangements.
- **In the event of a medical emergency, call 911.** Tell them that you are in home isolation due to COVID-19 infection. Keep a face mask on until a health care provider asks you to remove it. If you do not have a mask, use a folded kerchief or other similar device to cover your nose and mouth.
- **Do not use any public transportation** (buses, taxis, ride share services, or airplane).
- **Check yourself for fever** twice a day. This means taking your temperature in the morning and before bed at night and writing down the reading each time.
- If you begin to have additional symptoms, or if you otherwise feel sick, **contact your health care provider.**

*For immediate sheltering needs for people who are homeless or displaced or cannot safely quarantine at home, please call (501) 661-2136.  
For all other issues, contact the ADH call center at (800) 803-7847.*