

Home Care Instructions for COVID-19 Coronavirus

People who may have been exposed to COVID-19 coronavirus but are not sick or experiencing symptoms may be asked to temporarily stay in their homes. This is called quarantine, which is an effective method to control the spread of infectious diseases.

People who are sick with confirmed or suspected COVID-19 coronavirus will be asked to stay home in isolation until they are notified by the Health Department.

For patients

Stay home, but stay away from people in your home

Stay in a separate room and use a separate bathroom, if possible

Only interact with one other person, as needed

Cover your face with a tissue when coughing, sneezing, or blowing your nose

Wash hands often with warm water and soap



For others

If you can, move out of the residence temporarily

Sleep in separate rooms, or as far from the patient as possible

Avoid contact with the patient and don't share personal items

Wash your hands frequently, even if you wear gloves



Daily cleaning

Clean surfaces that the patient touches with household disinfectant

Clean the bathroom that the patient uses with household disinfectant

Wear rubber gloves when touching or cleaning surfaces or clothing the patient has touched

Do not reuse gloves



Medical care

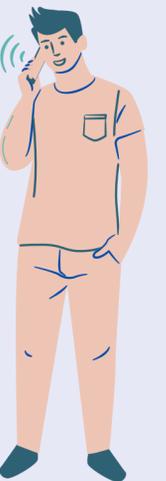
Call ahead before going to the doctor or hospital

Call 911 in the event of emergency

If you are in quarantine:

Check and record your temperature every day

Report any fever, cough, or shortness of breath to the health department

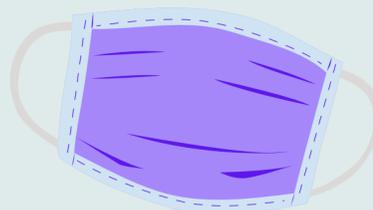


Masks

Patients should wear a mask when interacting with others

Caregivers should wear a mask when taking care of the patient

Wear a mask that covers your mouth and nose; avoid touching your face or the mask



Ending quarantine or isolation

If you are in isolation with the COVID-19 virus, follow these guidelines until the Health Department says to stop

If you are in quarantine, follow these guidelines for 14 days after your most recent exposure, assuming you develop no symptoms.



Contact

For questions about quarantine or isolation:
Call **215-685-6742**, Mon-Fri, 8:30 AM- 5:30 PM
and ask for the Disease Control on-call staff
After hours, call **800-722-7112**,