

What does **Isolation** mean?

A confirmatory test for COVID-19 triggers the need to isolate to reduce transmission to others.

If your doctor or someone from DPHN tells you that you need to **ISOLATE**, this is what you should do:



Stay home.

For as long as your doctor or health department advises, unless you have a health emergency — then **call ahead before you go to the doctor or hospital.**



No visitors.

Don't have anyone visit you at home while you are in isolation.



Wash your hands often.

With soap and water for 20 seconds each time you wash them.



No sharing.

Don't share towels, silverware, cups, bowls, or plates with anyone else in your home.



Stay in a separate part of your home or at least 6 feet away.

It's best to stay in a designated room or area away from others while you are sick. If possible, have a designated toilet and bathroom as well.



Check your temperature.

And your oxygen levels if you have a pulse oximeter at least twice a day.



Wear a face covering.

When you are around others, like household members, or when you enter a healthcare provider's office.

When is it okay to end isolation?

- If you test positive, please isolate immediately and notify your close contacts to quarantine for 14 days since they last saw you. If you have questions, contact the DPHN hotline.



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