

GUIDELINES FOR SELF-QUARANTINE AND SELF-ISOLATION

- 1. Self-quarantine:** You may be asked to self-quarantine if you have travelled internationally or if you have been exposed to a person who was diagnosed with COVID-19. Here are guidelines for self-quarantine:
 - Monitor your temperature twice a day. If you develop a cough, fever and shortness of breath, call your health care provider immediately.
 - Maintain a 6' distance from other household members and pets.
 - Sleep in a separate bedroom. Stay in that bedroom as much as possible.
 - If available, use a separate bathroom.
 - Do not eat together and do not share utensils, dishes, etc.
 - Wash hands frequently – this is for all household members. Use soap and water and wash for at least 20 seconds.
 - Use tissue for coughing and dispose of promptly and then wash your hands.
 - Discourage visitors. Clean and disinfect 'high touch' surfaces such as bathroom and kitchen countertops, door handles, faucets, remote controls, light switches, etc.
 - Discourage visitors
 - Unaffected household members who are well have no restrictions on their activity outside of the home. They may go to school, work, etc.

- 2. Self-isolation:** You may be asked to self-isolate if you are diagnosed with COVID-19 but do not require hospitalization. The guidelines for self-isolation include those for self-quarantine with a few important distinctions.
 - Stay in your designated room.
 - All members of the household should follow the above guidelines for self-quarantine and should not go to school, work, etc.
 - Masks should be used by both patient and household member when giving care in isolation.

HOTLINES

CT residents can call 2-1-1 with general questions regarding COVID-19.

If you think you may have been exposed to COVID-19 and would like information regarding testing, please CALL your healthcare provider. In addition, Hartford Healthcare (St. Vincent's) and Yale New Haven Health (Bridgeport and Greenwich) have dedicated hotlines to determine eligibility for testing.

Hartford Healthcare – 860-972-8100

Yale New Haven Health – 203-688-1700