



## **Self-Quarantine Patient Information**

According to the Centers for Disease Control and Prevention (CDC): A quarantined person needs to be isolated because they are at high risk of developing an infectious disease, or they have tested positive for an infectious disease. In this case, the infectious disease is the new coronavirus called COVID-19.

If you have suspected or confirmed COVID-19, you are helping protect your family, friends, and the community from possible exposure to this contagious disease by following self-quarantine guidelines. Following self-quarantine guidelines is especially important to keep the most vulnerable people in your family and community safe, such as the elderly and people with chronic medical conditions.

### **How long do I need to be in self-quarantine?**

You will need to be in self-quarantine for 14 days. Your doctor will let you know what to do after the 14 days, which will depend on your individual test results and exposure risk.

### **How can I manage my health at home while I'm in self-quarantine?**

1. Stay home from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
3. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
4. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
5. Monitor your symptoms carefully. If your symptoms get worse, call your doctor immediately.
6. Cover your cough and sneezes.
7. Wash your hands often with soap and warm water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
8. Get rest and stay hydrated.
9. If you have a medical appointment, call the doctor's office ahead of time and tell them that you have or may have COVID-19.
10. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

### **Where can I go for more information?**



We understand how unsettling these times are as we receive updates on the spread of COVID-19. Stay informed with accurate facts from trusted sources to lessen some of your fears. Focus on facts take a deep breath, and remember that we're all in this together.

- For information regarding Connecticut, visit [CT.gov/coronavirus](https://ct.gov/coronavirus) or call 211.
- For information regarding New York, visit [health.ny.gov/diseases/communicable/coronavirus](https://health.ny.gov/diseases/communicable/coronavirus) or call 1-888-364-3065.
- The CDC is updating information on its website daily. Stay informed by visiting [cdc.gov/coronavirus](https://cdc.gov/coronavirus).
- Nuvance Health is keeping the communities informed on our website at [nuvancehealth.org/coronavirus](https://nuvancehealth.org/coronavirus), and on social media @NuvanceHealth, or search for your hospital's name.