Common Definitions

**Isolation:** The practice of keeping someone who is sick or tested positive for COVID-19 without symptoms away from others, including other members of the same household.

**Quarantine:** The practice of keeping individuals who have had close contact with a positive COVID-19 case away from others to determine whether they develop symptoms of the disease before they spread it.

**Close Contact:** Any individual who was within 6 feet of an infected person for at least 10 minutes within 2 days of the infected person showing symptoms or the infected person test date if no symptoms are present.

**Contact Tracing:** Identifying and monitoring people who may have come into contact with an infectious person. Monitoring usually involves individuals quarantining as an effort to control the spread of the disease.

**Social (Physical) Distancing:** Maintaining six feet or greater space between you and another person and/or avoiding direct contact with other people.

Protect

How you can protect yourself
- Educate yourself on COVID-19 from trusted sources. (CDC, IDPH, KCHD)
- Keep physically active to ensure good physical condition.
- Have over-the-counter medicines and medical supplies (e.g. tissues, thermometer) to treat fever.
- If taking any prescription medicines, refill them, or consider using a mail-order for your medications.
- Have enough groceries and household items for approximately 2-4 weeks. Prepare gradually and avoid panic buying.
- Practice social distancing
  - Avoid crowds, especially in confined and poorly ventilated spaces.
  - Do your grocery shopping at off-peak hours.
  - Avoid using public transport during rush hours.
  - Exercise outdoors instead of indoor settings.
  - Wear a face covering when social distancing (6 feet) cannot be maintained or when inside public places.
- Follow instructions from national authorities on how to prepare for emergencies.
- Continue to practice general hygiene. Identify a primary care provider if you do not have one.

Know Your W's!

**WEAR** a face covering.

**WATCH** your distance.

**WASH** your hands.

HELP FIGHT COVID-19
I am waiting for my test results.

Protect yourself and others by washing your hands, avoiding people as much as possible, practicing social distancing, cleaning high-touch surfaces, and wearing a face covering when around others.

If you are sick:
Follow the home isolation instructions under I tested positive.

If you are NOT sick:
Follow best practices listed above and on the back.

I tested positive.

Follow these steps to start home isolation:
- Do not have contact with others. Everyone who lives in your household should stay home.
- Do not go to work. Let your employer know you tested positive for COVID-19.
- Do not go to the hospital unless you have a medical emergency. Most people who have COVID-19 have minor symptoms like fever and cough and are able to get better on their own at home.
- Use a face covering if you must be around people in your home.
- Watch for symptoms. See a doctor right away if you have any of the emergency warning signs:
  - Difficulty breathing
  - Bluish lips or face
  - Constant chest pain or pressure
  - Feeling dizzy or lightheaded all the time
  - Confusion
  - New seizure or seizures that won’t stop.
- Get rest and drink plenty of fluids.
- Over-the-counter medications that lesson symptoms of fever and cough may help.

Expect a call from KCHD after they have received your results.

I am a close contact.

If you are a close contact, you must quarantine at home, please take into consideration the following:
- Stay at home (i.e. don’t go to work, school or public places) and:
  - Self-monitor for appearance of COVID-19 symptoms, including fever of any grade, cough or difficulty breathing. If symptoms develop, call your local health care provider for advice.
  - If you become ill with symptoms of cough, fever and difficulty breathing, use a face covering, to protect those around you from getting infected.
  - Arrange with your employer to work from home, if possible.
  - Clean and disinfect your home, particularly frequently touched surfaces.
  - Activate your support system: ask friends, neighbors or community health care workers for help to run essential errands, e.g. grocery and medicine shopping.
  - Keep in touch with family and friends via telephone, email or social media.
  - Keep physically active to ensure good physical and mental condition.
  - Keep yourself informed on COVID-19 from trusted sources:
    - https://www.kankakeehealth.org
    - https://www.dph.illinois.gov/covid19
    - https://www.cdc.gov

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