

Common Definitions

Protect

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.

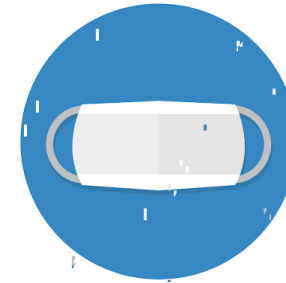
Close Contact: Any individual who was within 6 feet of an infected person for at least 10 minutes within 2 days of the infected person showing symptoms or the infected person test date if no symptoms are present.

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.

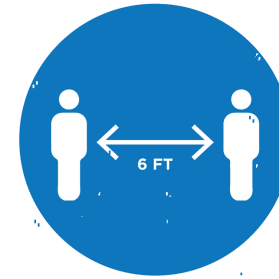
Social (Physical) Distancing: Maintaining six feet or greater space between you and another person and/or avoiding direct contact with other people.

- 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 negative.

You probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing. You could be exposed to COVID-19 after the test and get infected then. Follow recommended safety guidelines to reduce your risk. (See back).

I tested negative, but still have symptoms.

You most likely do not have COVID-19 at this time, but you could have been exposed to COVID-19 at some point and not enough time has passed for the test to pick it up. You may test positive at a later date. You must follow the home isolation instructions under ***I tested positive*** and any instructions from your health care provider.

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 lessen 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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