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November 12, 2020

Importance of Quarantine and Isolation

The Toledo-Lucas County Health is experiencing a significant community spread and an increase of COVID-19 cases within the community. Those who are awaiting test results are urged to follow public health recommendations. During this time, individuals should quarantine and monitor for symptoms. Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or shows any symptoms. People in quarantine should stay home, separate themselves from others, and monitor their health. Please note that if you get tested during quarantine, you will still need to complete the full period even with a negative COVID test result.

Anyone who has been in **close contact with someone who has COVID-19 needs to quarantine for 14 days from the date of last exposure.**

This includes people who have not tested positive for COVID-19 within the last 3 months, even if they tested positive earlier in the year.

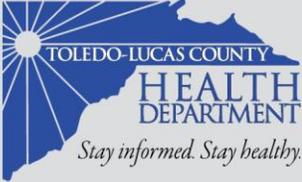
"Close contact" means:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more;
- You provided care at home to someone who is sick with COVID-19;
- You had direct physical contact with the person (touched, hugged, or kissed them);
- You shared eating or drinking utensils;
- They sneezed, coughed, or got respiratory droplets on you;

Steps to take

- Stay home for 14 days after your last contact with a person who has COVID-19, monitor your health;
- Watch for fever (100.4° F), cough, shortness of breath, or other symptoms of COVID-19;
- If possible, stay away others, especially people who are at higher risk for getting very sick from COVID-19

Even if the test is negative for COVID-19 or you may feel healthy, individuals must stay home (quarantine) since symptoms may appear anywhere from 2 to 14 days after exposure to the virus.



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Isolation is used to *separate sick people from healthy people* (those positive for COVID-19 or with COVID-like symptoms).

People who are in isolation should stay home until it's safe for them to be around others.

In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

People who need to isolate:

- People who have tested positive or have symptoms of COVID-19, and are able to recover at home;
- People who have no symptoms (are asymptomatic) but have tested positive for COVID-19.

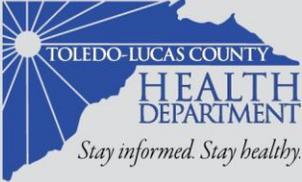
Steps to take:

- Stay home except to get medical care;
- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately;
- Stay in a separate room from other household members, if possible;
- Use a separate bathroom, if possible;
- Avoid contact with other members of the household and pets;
- Don't share personal household items, like cups, towels, or utensils;
- Wear a cloth face covering when around other people if able, and keep as much distance as possible.

People may leave isolation after:

- At least 10 days have passed since symptoms first appeared;
And
- Being fever free for at least 24 hours without fever-reducing medication;
And
- Other symptoms of COVID-19 have significantly improved**

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation



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Contact Tracing: An Integral Piece to the Puzzle

Contact tracing involves identifying people who are likely to get sick because of close contact with people who have tested positive for COVID-19.

Local health departments conduct contact tracing every day for various infectious diseases. If you're sick, local health department workers (epidemiologists, nurses, and other healthcare professionals) interview you and find out who you may have come into contact with and potentially exposed to your illness.

Limiting contacts means the virus isn't able to infect other people. Limiting contacts means the virus has nowhere to live. To protect patient privacy, contacts are only informed that they may have been exposed to a patient with the infection. They are not told the identity of the patient who may have exposed them, unless given permission to do so.

For additional information on COVID-19 in Lucas County, please visit:
<https://lucascountyhealth.com/coronavirusupdates/>

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