

Coronavirus Disease 2019 (COVID-19) Outbreak:

Home Guidance: **Patient ISOLATION** and **Household QUARANTINE**

If you tested positive for COVID-19, you need to stay in ISOLATION:

- If you tested positive for COVID-19 or are waiting for results, you should be in **isolation**. Isolation means you need to stay away from others as much as possible. You should stay in a specific “sick room,” if possible, and away from other people in your home.
- Do not attend work, school, be in public areas or use public transportation.
- Do not share household items like dishes, cups, eating utensils, and bedding.
- Cover coughs and sneezes. Throw away used tissues in the trash and wash your hands often.
- Reschedule all non-essential medical appointments.
- If you need medical care, call your provider **before going**, and tell them about your illness.

If you live with someone who tested positive, you need to stay in QUARANTINE, even if you are not sick:

- Quarantine means separation from others while you are waiting to see if you develop symptoms after being exposed. If someone in a home tests positive for COVID-19, **everyone** in the household needs to be quarantined. **For COVID-19, quarantine is at least 14 days and at least 3 days after everyone is better.** This keeps exposed people from spreading COVID-19 even before they have symptoms. Most people develop sickness 2-5 days after exposure, but it can take up to 14 days for COVID-19 symptoms to develop.
- During quarantine, everyone should monitor their temperature & symptoms.
 - Check and write down your temperature daily. TONHC can provide a thermometer.
 - Symptoms check: COVID-19 most often causes fever, cough, sore throat, difficulty breathing (shortness of breath), muscle aches, headache, abdominal discomfort, vomiting, or diarrhea.
- Check with Public Health or your provider to see exactly when you and your household can be cleared from isolation and quarantine.

If you think you were exposed to someone who tested positive for COVID-19, and you are NOT sick and you do NOT live in the same household:

- Wear a mask and wash your hands often.
- You may continue daily activities, such as going to work, school, or other public areas.
- Monitor your temperature and symptoms for the next 14 days (same as above).
- If you get sick, STOP work and other activities around others.
- Call your TONHC clinic to ask if you should be tested for COVID-19.

If you are sick but have not been tested for COVID-19:

- Stay away from others and call TONHC to ask if you should be tested for COVID-19.
- Call ahead before visiting or going to the clinic.
- **Stay home away from others until 72 hours (3 days)** after your fever and other symptoms are gone, even if you don't get tested.
- Do not attend work, school, be in public areas or use public transportation.
- Do not share household items like dishes, cups, eating utensils, and bedding.
- Cover coughs and sneezes. Throw away used tissues in the trash and wash your hands often.
- Reschedule all non-essential medical appointments.
- If you need medical care, call your provider before going, and tell them about your illness.



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The best way to prevent illness is to avoid being exposed to the virus, everyone should:

- Wash your hands often with soap and water for at least 20 seconds, or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay away, at least 6 feet from others (also called social distancing).
- Cover your mouth and nose with a face cover or mask when around others.
- Cover coughs and sneezes. Throw used tissues in the trash and wash your hands.
- Clean and disinfect the surfaces you touch frequently.
 - Use EPA-approved disinfectants (read the label for “novel pathogens”).
 - You can make a diluted bleach solution for this:
 - 5 tablespoons (1/3 cup) bleach per one gallon of water
 - Wipe off tables, doorknobs, light switches, handles, phones, desks, sinks, toilets, bathrooms, or any highly touched surfaces.
- **Stay at home.** The Tohono O’odham Nation has a “Stay At Home Order” which requires all persons to STAY AT HOME except for essential activities.
 - Only go out for essential items and medical appointments. Select one person to go shopping when needed.
- For any questions, you can call the ARIZONA COVID-19 Hotline, 24-hours a day:
(844) 542-8201

Guidance may change as new information becomes available. Please look for the most up-to-date recommendations.

