Steps to help prevent the spread of COVID-19 if you are SICK

Follow the steps below: If you are sick with COVID-19, think you might have COVID-19, or are waiting for your COVID-19 test results to come back, follow the steps below to help protect other people in your home and community.

It is very important that you follow these instructions to help stop the spread of illness.

Stay home except to get medical care

- **Stay home**: Do not go to work, school, or other public places, except to get medical care.
- **Stay in touch with your doctor**: If you feel worse or you think it is an emergency, be sure to get medical care but CALL FIRST and let them know you have or think you have COVID-19.
- **Avoid public transportation**: Avoid using public transportation, ride-sharing, or taxis.
- **If you need assistance** (such as help getting groceries or picking up medication) while in home isolation, and do not have family or friends that can help, contact your health department at 1-888-217-3904 ext 3 (after hours call 2-1-1).

If you develop emergency warning signs for COVID-19, get medical attention immediately.

Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Separate yourself from other people in your home

- **Stay away from others**: Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if possible.
- **Limit contact with pets and animals**: You should restrict contact with pets and other animals, just like you would around other people.
- **Limit visitors in your home**: Only have visitors that must come to your home and keep visits short.
Protect others

• **Keep Your Distance:** If you are in a room with other people, keep at least 6 feet away.
• **Wear a mask:** Wear a mask if you must leave your house to see a healthcare provider or if you have to be within 6 feet of other people.

Clean all “high-touch” surfaces everyday

• **Clean:** Let one of your caregivers clean and disinfect high-touch surfaces in your home daily. Your caregiver or other person should clean and disinfect your room and bathroom ONLY as needed until you are better and should wear a mask if they do have to clean these higher risk areas.
• **Household cleaners and disinfectants:** Clean with regular household cleaning sprays or wipes according to the label instructions.

Cover your coughs and sneezes

• **Cover:** Cover your mouth and nose with a tissue or bend of your elbow when you cough or sneeze.
• **Dispose:** Throw used tissues in a lined trash can.
• **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

• **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
• **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
Those providing care for someone with is ill with COVID-19

- **Wash your hands often**: Those spending time with you should wash their hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- **Avoid** touching eyes, nose, and mouth.
- **Laundry**: If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
- **Help them feel better**: You can provide those sick with COVID-19 over-the-counter medicines to help with symptoms, encourage them to drink a lot of fluids like water to stay hydrated, and encourage lots of rest.
- **Household members/caregivers are considered exposed** to COVID-19, and therefore must isolate at home for 14 days until the last exposure (e.g. 14 days after the ill person is no longer considered infectious as described below).

How and when to discontinue home isolation

- **People with COVID-19 who have stayed home (home isolated)** can stop home isolation (are no longer considered infectious) when the following three conditions are met:
  - You have not had a fever for at least 72 hours (that is three full days of no fever) without the use medicine that reduces fevers
  - Your other symptoms have improved (for example, when your cough or shortness of breath have improved)
  - It has been at least 10 days since your symptoms first started

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

If you have any questions regarding the end of your isolation, call your healthcare provider or your local health department.

888-535-6136 | MDHHS Patient COVID-19 Hotline
231-935-0951 | Munson Hotline
833-559-0659 | Spectrum Hotline
888-700-9011 | Mercy Hotline
Steps to help prevent the spread of COVID-19

if you HAVE BEEN EXPOSED

Follow the steps below: If you have been exposed to someone with COVID-19 or have traveled to an area with high spread of COVID-19, you will be required to stay home for 14 day to be sure you do not get sick. This is called self-quarantine. During this time, your local health department may check on you and ask you to monitor your symptoms and your temperature.

It is very important that you follow these instructions to help stop the spread of illness.

If you get symptoms of COVID-19 but do not need emergency care, call the MDHHS Patient COVID-19 Hotline at 888-535-6136 for assistance coordinating care. You can also call your healthcare provider, urgent care, or other healthcare facility to arrange care.

231-935-0951 | Munson Hotline
833-559-0659 | Spectrum Hotline
888-700-9011 | Mercy Hotline

Symptoms of COVID-19 are:
• Fever
• Cough (with or without sputum/mucus production)
• Shortness of breath
• Fatigue, sore throat, aches and pains, and headache are experienced by some

STEPS TO FOLLOW FOR THE 14 DAYS FOLLOWING YOUR EXPOSURE TO COVID-19:

If you develop emergency warning signs for COVID-19, get medical attention immediately.

Emergency warning signs include*:
• Difficulty breathing or shortness of breath
• Persistent pain or pressure in the chest
• New confusion or inability to arouse
• Bluish lips or face
*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

* CALL FIRST and notify the emergency department or let 9-1-1 know you have or think you have COVID-19 prior to arriving.
Stay home except to get medical care

- **Stay home**: Do not go to work, school, other public places, or use public transportation except to get medical care FOR FOURTEEN (14) DAYS.
- **Take your temperature**: Take your temperature every morning and every evening. If you have a fever, which is a temperature of 100.4°F or more, contact the MDHHS Patient COVID-19 Hotline at 888-535-6136 or your healthcare provider right away.
- **Watch for symptoms**: If you develop symptoms such as fever, cough, or shortness of breath, call your local health department for assistance coordinating care. You can also call your healthcare provider, urgent care, or other healthcare facility to arrange care.
- **If you need assistance** (such as help getting groceries or picking up medication) while in home quarantine, and do not have family or friends that can help, your health department at 1-888-217-3904 ext 3 (after hours call 2-1-1).

Cover your coughs and sneezes

- **Cover**: Cover your mouth and nose with a tissue or bend of your elbow when you cough or sneeze.
- **Dispose**: Throw used tissues in a lined trash can.
- **Wash hands**: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

- **Wash hands**: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer**: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
Information for those living with or close to you

- **No restrictions:** Your household members and those that have had contact with you, referred to as “contacts of contacts” do not have any restrictions or special recommendations at this time. If you become ill with COVID-19, however, your close contacts will need to be under quarantine for 14 days, as they will then be considered contact.

If you have any questions regarding the end of your isolation, call your healthcare provider or your local health department.

888-535-6136 | MDHHS Patient COVID-19 Hotline  
231-935-0951 | Munson Hotline  
833-559-0659 | Spectrum Hotline  
888-700-9011 | Mercy Hotline
If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care.

• **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

• **Take care of yourself.** Get rest and stay hydrated.

• **Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.

• **Avoid public transportation,** ride-sharing, or taxis.

Separate yourself from other people and pets in your home.

• **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

  - See COVID-19 and Animals if you have questions about pets: https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals

Monitor your symptoms.

• **Common symptoms of COVID-19 include fever and cough.** Trouble breathing is a more serious symptom that means you should get medical attention.

• **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include*:

• Trouble breathing
• Persistent pain or pressure in the chest
• New confusion or not able to be woken
• Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency. If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

Call ahead before visiting your doctor.

• **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.

• If you have a medical appointment that cannot be postponed, call your doctor’s office. This will help the office protect themselves and other patients.

If you are sick, wear a cloth covering over your nose and mouth.

• **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).

• You don’t need to wear the cloth face covering if you are alone. If you can’t put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.

Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.

Prevent the spread of COVID-19 if you are sick


cdc.gov/coronavirus

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Cover your coughs and sneezes.
• Cover your mouth and nose with a tissue when you cough or sneeze.
• Throw used tissues in a lined trash can.
• Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often.
• Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
• Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
• Soap and water are the best option, especially if your hands are visibly dirty.
• Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.
• Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
• Wash these items thoroughly after using them with soap and water or put them in the dishwasher.

Clean all “high-touch” surfaces everyday.
• Clean and disinfect high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
• If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
• Clean and disinfect areas that may have blood, stool, or body fluids on them.

Use household cleaners and disinfectants. Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.
• Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
• Most EPA-registered household disinfectants should be effective.

How to discontinue home isolation
• People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:
  - If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened:
    ▪ You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
    AND
    ▪ other symptoms have improved (for example, when your cough or shortness of breath has improved)
    AND
    ▪ at least 10 days have passed since your symptoms first appeared.
  - If you will be tested to determine if you are still contagious, you can leave home after these three things have happened:
    ▪ You no longer have a fever (without the use of medicine that reduces fevers)
    AND
    ▪ other symptoms have improved (for example, when your cough or shortness of breath has improved)
    AND
    ▪ you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.
If you have possible or confirmed COVID-19:

1. Stay home from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.

3. Get rest and stay hydrated.

4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

6. Cover your cough and sneezes.

7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

8. 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.

9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.

10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

For more information, visit cdc.gov/coronavirus.
Cleaning And Disinfecting Your Home

Everyday Steps and Extra Steps When Someone Is Sick

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces.

High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

- Recommend use of EPA-registered household disinfectant.

Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- Diluted household bleach solutions may also be used if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer’s instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for at least 1 minute

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
  OR
- 4 teaspoons bleach per quart of water

- Alcohol solutions with at least 70% alcohol.

Soft surfaces

For soft surfaces such as carpeted floor, rugs, and drapes

- Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.

cdc.gov/coronavirus
Launder items (if possible) according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely.

OR

Disinfect with an EPA-registered household disinfectant. These disinfectants meet EPA’s criteria for use against COVID-19.

Electronics

- For electronics, such as tablets, touch screens, keyboards, and remote controls.
- Consider putting a wipeable cover on electronics.
- Follow manufacturer’s instruction for cleaning and disinfecting.
  - If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

Laundry

For clothing, towels, linens and other items

- Launder items according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely.
- Wear disposable gloves when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick can be washed with other people’s items.
- Do not shake dirty laundry.
- Clean and disinfect clothes hampers according to guidance above for surfaces.
- Remove gloves, and wash hands right away.

Clean hands often

- Wash your hands often with soap and water for 20 seconds.
  - Always wash immediately after removing gloves and after contact with a person who is sick.
- Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- Additional key times to clean hands include:
  - After blowing one’s nose, coughing, or sneezing
  - After using the restroom
  - Before eating or preparing food
  - After contact with animals or pets
  - Before and after providing routine care for another person who needs assistance (e.g. a child)
- Avoid touching your eyes, nose, and mouth with unwashed hands.

When Someone is Sick

Bedroom and Bathroom

Keep separate bedroom and bathroom for a person who is sick (if possible)

- The person who is sick should stay separated from other people in the home (as much as possible).
- If you have a separate bedroom and bathroom: Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.
Caregivers can **provide personal cleaning supplies** to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and **EPA-registered disinfectants**. If they feel up to it, the person who is sick can clean their own space.

- **If shared bathroom:** The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.

- See [precautions for household members and caregivers](https://www.cdc.gov/coronavirus/2019-n cov/hcp/guidance-prevent-spread.html) for more information.

### Food

- **Stay separated:** The person who is sick should eat (or be fed) in their room if possible.

- **Wash dishes and utensils using gloves and hot water:** Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.

- **Clean hands** after taking off gloves or handling used items.

### Trash

- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.