

# Self Isolation for Individuals Being Evaluated for Covid-19

The Wisconsin Department of Health Services and your local health department have determined that you should practice **self-isolation** and **self-monitoring** in order to protect yourself and your community from 2019 novel coronavirus (COVID-19). This decision was made because you developed symptoms after either traveling to an area affected by COVID-19 or having contact with someone who was infected.

## Self-Isolation



**Stay home** (or other location approved by public health). This means do not go to work, school, or public areas. If you need medical care, it is important you follow the instructions below.



While at home **separate yourself** from other people in your home. As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.



**Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.



**Wash your hands often** and practice good hygiene.



**Postpone all non-essential medical appointments until you are out of isolation.** If you have an essential appointment during the isolation period, please tell your local health department who will help coordinate the visit.

## Self-Monitoring



**Measure your temperature twice a day.** If you do not have a thermometer, or need instructions for using one, let your local public health department know.



Watch for a worsening **cough** or **difficulty breathing**.

## If your symptoms get worse or you have difficulty breathing:

Refer to your healthcare provider for instructions prior to going in. They will direct you on next steps.

**If you need emergency medical attention any time during the monitoring period, call 911 and let them know that you are being evaluated for novel coronavirus.**