Test Positive for COVID-19?
Suspect you have COVID-19?

Separate yourself from other people
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. Do not handle pets or other animals while sick.

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

Clean your hands often
Wash your hands 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 covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

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 clean your hands.

Stay home except to get urgent medical care
Restrict activities outside your home, except for getting urgent medical care. Do not go to work, school, or public areas. Avoid using public transportation, ridesharing, or taxis. Monitor your symptoms. Symptoms include fever, chills, cough, shortness of breath, headache, sore throat, fatigue, runny nose.

If you need to be seen by a healthcare provider
Please call ahead. Notify them you- or a household contact- have been diagnosed with COVID-19. This will help the healthcare provider take steps to keep other people from getting infected or exposed.

If you have any medical emergency in your home and need to call 911
Notify the dispatch personnel that an individual in your home has confirmed COVID-19.

If possible, put on a facemask before emergency medical services arrive.

If a household contact develops any of the symptoms above, please contact your health care provider. Additional information about COVID-19 is available at: https://www.cdc.gov/coronavirus/2019-ncov/index.html.

revised 6/1/2020
Cases of confirmed COVID-19 and their household contacts will be released from home isolation and quarantine when the following conditions are met:

**Release from Home Isolation (Both lab confirmed and clinically suspected cases)**

Most individuals with COVID-19 symptoms will need to care for themselves at home. It is important for ill individuals to isolate at home until both of the following two conditions are met:

1. At least 10 days have passed since symptoms first appeared;

AND

2. At least three (3) days have passed without fever. This must be without the use of fever-reducing medications. Also improvement in respiratory symptoms (e.g., cough, shortness, of breath)

**Persons with laboratory-confirmed COVID-19 who have not had any symptoms**

- Isolation can stop when at least 10 days have passed since the date your first positive test was done.

- If you develop any respiratory symptoms before the 10 days are over, then you should follow the recommendations above for release of home isolation.

**Household contacts of a person with COVID-19 should:**

1. Stay home and monitor symptoms for 14 days after the last exposure to the household member who is ill.

2. If you are unable to separate yourself from the ill household member, your 14 days don’t start until that person is released from isolation, which may add an additional 10 days (see above).

Need more information?

Douglas County Health Department
COVID-19 Information Line
(402) 444-3400
www.douglascountyhealth.com

United Way Resource Hotline
211

Nebraska Department of Health and Human Services Information Line
(402) 552-6645