

How to Self-Quarantine

A Home-Care Guide to Stopping the Spread of Illness in the Community

When you are sick, it's important to stay home from work, school, and social events so that you can avoid spreading the illness to others and throughout the community. This is especially important if you are coughing or sneezing. Tiny droplets of fluid fly out of your mouth and nose when you cough or sneeze, which can then get into healthy people's eyes, nose, and mouth and make them sick. Here are some guidelines for protecting members of your household and the community from catching your illness.



STAY HOME, EXCEPT TO GET MEDICAL CARE

You can recover from mild illnesses at home. Do not go to work, school, church, or public areas. Do not allow visitors into your home. Members of your household will need to provide support for things like getting groceries, prescriptions, and other personal needs. Drink plenty of fluids and take over the counter medication for your symptoms. Always follow product label instructions.

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. You should also use a separate bathroom, if available. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding. After using these items, they should be washed thoroughly with soap and water.

PRACTICE GOOD HYGIENE AT HOME

Everyone in your household should practice good hygiene measures to protect themselves from getting sick or from making you sick. Dialysis patients can be more vulnerable to illness, so it is important that everyone is taking an active role in illness prevention.

CALL AHEAD BEFORE GOING TO THE DOCTOR

If you have a doctor's appointment, call your doctor's office ahead of time and tell them about your symptoms. Clinic staff may also ask about your recent travel history. Calling ahead will allow the clinic staff to give you guidance as to whether you should take appropriate steps to prevent other people from becoming exposed to the illness that is making you feel sick.



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Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze. Throw used tissues in a lined trash can and then immediately wash your hands.

Wear a facemask or scarf over your nose and mouth. You should wear a facemask or scarf over your nose and mouth when you are around other people, such as being in the same room or vehicle, and before you enter a healthcare provider's office. People who are providing care to you should also wear a facemask or scarf over their nose and mouth.

Wash your hands often with soap and water for at least 20 seconds. Wash your hands after coughing or sneezing, before and after touching your face, before eating, and whenever your hands are visibly dirty. If soap and water are not available, clean your hands with alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Handwashing is always preferable to using hand sanitizer.

Clean all "high-touch" surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. It is also important to clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions, which will advise you on the most effective and safest use of the product.

STAY CONNECTED WITH PEOPLE

Life during the threat of COVID-19 can feel anxiety-inducing and isolating. When practicing self-quarantine, try to stay connected with friends and family using phone calls and social media applications. Take the time to rest and connect with people you care about. Even if it isn't face to face, contact with loved ones can boost your mood and protect your physical and mental health.

GO OUTSIDE, ENJOY NATURE, GARDEN!

If you feel well enough, you can still go outside to rest, walk, or garden on your own. Take the chance to rest and enjoy the natural environment. You should not come into close contact with other people outside. If it's difficult to go outside without coming into contact with someone else, avoid this as well.

FOLLOW THESE STEPS WHEN YOU WASH YOUR HANDS

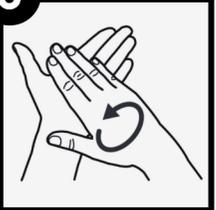
- 1



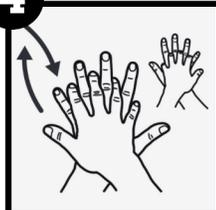
Wet hands with water
- 2



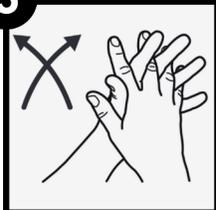
Apply enough soap to cover hands
- 3



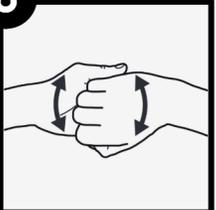
Rub hands palm to palm
- 4



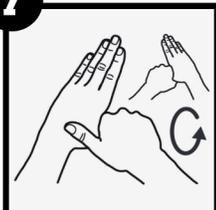
Hand over hand with interlaced fingers
- 5



Palm to palm with fingers interlaced
- 6



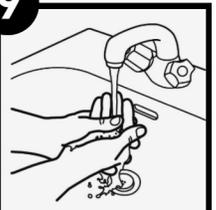
Grip fingers in each hand and rub sideways
- 7



Rub each thumb clamped in the opposite hand
- 8



Rub fingertips of both hands in opposite palms
- 9



Rinse hands with water

MONITOR YOUR SYMPTOMS

- Take your temperature every day in the morning and night while you have symptoms.
- Write your temperature and any symptoms in the log sheet below. Bring this with you to any visits to a medical professional during self-quarantine.

If you have a fever over 100 degrees Fahrenheit, or have difficulty breathing, call your primary care provider, or get screened at the tent in front of the CHCC main entrance during operating hours.

If you are enrolled in the Text Illness Monitoring (TIM) system, report your symptoms through the system as requested, and also write your temperature and symptoms below.

DAY	DATE	SYMPTOMS	TEMP
DAY 1		 	
DAY 2		 	
DAY 3		 	
DAY 4		 	
DAY 5		 	
DAY 6		 	
DAY 7		 	
DAY 8		 	
DAY 9		 	
DAY 10		 	
DAY 11		 	
DAY 12		 	
DAY 13		 	
DAY 14		 	

Seek medical attention right away if your illness is quickly worsening or you are developing new symptoms. Before seeking care, call your doctor and give them details about your illness. *If you have a medical emergency and need to call 911, notify the dispatch personnel if you have a cough, fever, and/or difficulty breathing, especially if you have travelled to Asia in the last 2 weeks or have been exposed to someone who has. If possible, put on a facemask or scarf over your nose and mouth before emergency medical services arrive.*



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