WHAT DOES IT MEAN TO SELF-ISOLATE?

Self-isolation means avoiding situations where you could infect other people. This includes any situation where you may come in close contact with others (face to face contact closer than 6 feet), such as social events, work, school, restaurants, and all public gatherings.

WHEN TO SELF-ISOLATE

If you, a family member, friend or housemate have recently traveled from an affected area or spent significant time with someone who has the virus we ask that you self-isolate, working or studying from home, for 14 days. This includes all individuals in your home, including children, with or without symptoms.

SELF-ISOLATION GUIDELINES:

- **Stay in your home** and do not go to work, class or participate in any community events.
- **Do not go to work.** Work with your employer to explore working from home options, if appropriate.
- **Do not go to public events, meetings**, social activities, or other group activities. Do not have others come to your home for social visits.
- **Avoid rideshare and public transportation**, such as the bus, a taxi or Uber and Lyft.
- **Cover coughs and sneezes with your upper sleeve or a tissue.** Never cough in the direction of someone else.
- **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.
- **Wash laundry and dishes using hot water.** If you can, use a washing machine and dishwasher.
- **Monitor yourself for symptoms.** If you develop a fever, cough, or sore throat, call your health care provider for advice.


QUESTIONS? EMAIL COVID19.QUESTIONS@CHW.COOS.OR.US