Coronavirus Disease 2019

COVID-19

These instructions are for people who have been told to quarantine, or who are voluntarily quarantining because they **have a household member or close contact that**:

- Has a positive COVID19 test.
- Has symptoms of COVID-19 (coughing, shortness of breath and/or fever).
- Are getting ill and think they **might** have COVID-19. Symptoms, especially early on, may be mild and feel like a common cold. Early symptoms could include a combination of cough, body aches, fatigue, and chest tightness. Some people may not develop fever or fever may not appear until several days into the illness

Quarantine

- Separates people and restricts their movement if they were exposed to a contagious disease to see if they become sick.
- Is for people who are not sick, but who may have been exposed to someone (in close contact with someone) who is sick.
- Can be voluntary, but Colorado has legal authority to issue quarantine orders to people who were exposed to a contagious disease.

How long does it last?

- Stay at home or stay put in your same location for **14 days** so you don't spread the disease to healthy people. If you get sick, begin following the isolation directions. Find them here: covid19.colorado.gov/isolation-and-quarantine.

What else should I do?

Stay home, or in your same location, except to get medical care.

- If you have a medical appointment, call ahead and let them know you are under quarantine (either by order or self-imposed) for COVID-19, so the office can take steps to protect other people. Otherwise:
  - Restrict activities outside your home.
  - Do not go to work, school, or public areas.
  - Avoid using public transportation, rideshares, or taxis.

- If you get sick and your illness is mild, you may be able to isolate and recover at home without seeing a medical provider. If your symptoms worsen or if you are in a higher risk group because you are older than 60 or have a chronic illness, call a health care provider or nurse line to find out what to do. Some telehealth and nurseline options are available here: covid19.colorado.gov/telehealth-and-nurselines

Practice actions that protect others

- **Clean your hands often**
  - Wash your hands often 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. When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Soap and water is preferred 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, then throw the tissue away. If a tissue is not available, use your inner elbow or sleeve.
  - Immediately clean your hands (see above).
- **Avoid sharing personal household items**
  - Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
  - After using these items, they should be washed thoroughly with soap and water.
- **Clean surfaces every day**
  - Clean "high touch" surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
  - Clean any surfaces that may have blood, stool, or body fluids on them.
  - Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.

If you need to seek medical care, first CALL a provider or clinic first to get instructions BEFORE going to a health care office, hospital, or urgent care.

If you have a medical emergency, call 911 and tell the dispatcher you are quarantining for COVID-19.