



Self Monitoring Directions for COVID-19

Stay home except to get medical care.

You should restrict activities outside your home, except for getting medical care. **DO NOT** go to work, school or public areas. **DO NOT** use public transportation, taxis, Uber/Lyft, etc. If you need assistance with transportation for medical care, please contact the Kentucky Department for Public Health (KDPH).

Stay away from other people in your home.

As much as possible, you should stay in a separate room away from other people in your home. You should also use a separate bathroom, if available.

Call ahead before visiting your doctor.

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19 infection. This will help the healthcare provider's office take steps to keep other people from getting sick or exposed to the virus.

Wear a facemask.

You should wear a facemask when you are around other people (e.g. sharing a room or vehicle), and before you enter a healthcare provider's office. If you are not able to wear a facemask, then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

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, and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately 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 if hands are visibly dirty.

Clean your hands

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, 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.

Northern Kentucky Health Department

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Clean and Disinfect your home

Surfaces that are frequently touched should be cleaned and disinfected often. Examples include:

- Toilet and restroom surfaces
- Doorknobs
- Light switches and light switch plates
- High chairs
- Phones
- Tables and Chairs
- Wheelchairs and walkers
- Recreation equipment
- Railings
- Remote control

Effective disinfectant: Chlorine Bleach (Regular/Unscented): Mix and use the chlorine solution promptly. **1 2/3 cup bleach in 1 gallon of cold water**. Use on frequently touched surfaces, and allow to air dry for at least one minute. If used on a food contact surface, make sure to rinse with water afterwards.

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.

Monitor your symptoms

Seek prompt medical attention if your illness is becoming worse (e.g. if you develop shortness of breath or difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19 infection or you have been diagnosed with COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office keep other people from getting sick or exposed to the virus. Ask your healthcare provider to call the local or state health department. People who are placed under isolation at home should follow the instructions provided by their local or state health department.

Discontinuing home isolation

Patients with confirmed COVID-19 infection should remain under home isolation precautions until the risk of spreading the disease to others is considered to be low. The decision to stop home isolation will be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments. Because current information on COVID-19 is limited, these home isolation guidelines could change as the situation evolves.