Stop the Spread
of COVID-19

Isolation

What is isolation?

Isolation is for people who have been diagnosed with COVID-19. If you have COVID-19, being in isolation means you must stay home and away from others while you are infectious in order to stop the spread of the virus to anyone else.

If you are fully vaccinated and test positive for COVID-19, you should still isolate.

Length of isolation

If you have COVID-19 with mild symptoms, you must isolate until:

- 10 days have passed since your symptoms first appeared **AND**
- You have not had fever of 100.4° F or higher for at least 24 hours without the use of fever-reducing medicine **AND**
- Your symptoms, such as cough or shortness of breath, are improving.

If you have COVID-19 and are not experiencing any symptoms, you must isolate until:

- 10 days have passed and no symptoms have developed since your positive COVID-19 test.

If you have severe COVID-19 and have been hospitalized or if you have a weakened immune system, you must isolate until:

- 20 days have passed since your symptoms first appeared **AND**
- You have not had fever of 100.4° F or higher for at least 24 hours without the use of fever-reducing medicine **AND**
- Your symptoms, such as cough or shortness of breath, are improving.
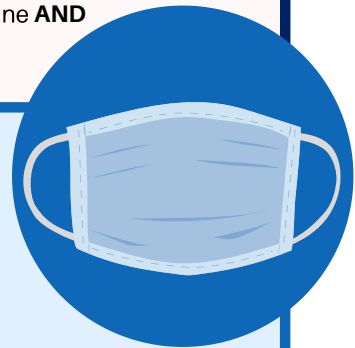
Restrictions during isolation

- Remain at home and avoid all public activities. This means do not go to work, church, school, stores (including grocery stores), nor any public events or places.

- Do not have visitors in your home.

- If you live in a home with other people, stay in a separate room. If that is not possible, wear a face mask when you are in the same room as others and stay at least 6 feet away from them (i.e. practice social distancing even in your home).

- Wash your hands and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, cups, forks, spoons, towels, etc.

- Do not leave your home except to get urgent or emergency medical care. If you need to see a doctor for reasons other than a medical emergency, please call your medical provider ahead of time to make proper arrangements.

- In the event of a medical emergency, call 911. Tell them that you are in home isolation due to COVID-19 infection. Keep a face mask on until a health care provider asks you to remove it. If you do not have a mask, use a folded kerchief or other similar device to cover your nose and mouth.

- Do not use any public transportation (buses, taxis, ride share services, or airplane).

- Check yourself for fever twice a day. This means taking your temperature in the morning and before bed at night and writing down the reading each time. The ADH will need this information to determine when you are able to resume normal activities or if you need additional care.

- If you begin to have additional symptoms, or if you otherwise feel sick, contact your health care provider.

For immediate sheltering needs for people who are homeless or displaced or cannot safely quarantine at home, please call (501) 661-2136. For all other issues, contact the ADH call center at (800) 803-7847.

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