

What is Self-isolation?



Self-isolation is for people who are already sick or have tested positive for COVID-19. Everyone who lives in your house should stay at home if someone in your house tests positive for COVID-19.

Self-isolation is for sick people who are not sick enough to be in the hospital. Your doctor may tell you to recover at home. Isolation keeps sick people away from healthy people to stop sickness from spreading. Even in your home, you should try to stay away from other people as much as possible. Stay at home EXCEPT to get medical care.

Self-isolation means:



Stay in your house



If you are sick and need to be closer than 6 feet from someone in your house, both of you need to wear a surgical mask



Stay in a different room from other people in your house



Use a different bathroom



Clean surfaces that are touched often
(phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal)



Try not to use the same personal items as other people

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What should I do if I test positive for COVID-19?

You need to isolate until you have been fever-free and your symptoms have gotten better for at least 3 days and it has been at least 7 days since you first got sick.

What about other people in my house?

Stay isolated as much as you can. Other people in your home should quarantine for 14 days since the last time they were around you. Everyone in your house should quarantine until everyone is better.

Not everyone will be tested for COVID-19.

The spread of COVID-19 is changing very quickly in Utah. Not everyone who gets sick needs to be tested for COVID-19. A doctor will decide if you need to be tested. A doctor may also test you for other illnesses like the flu before testing you for COVID-19. If you have symptoms such as fever, cough, or shortness of breath, you should CALL a doctor. You and everyone in your house should isolate at home until everyone is better.

If your symptoms are an emergency, call your doctor right away. Some of the emergency warning signs are*:



**Trouble breathing
or shortness of breath**



**Pain or pressure
in your chest that
does not go away**



**Feeling confused or
cannot wake up easily**



**If your lips or face
look bluish**

*These are not all of the emergency symptoms. Call your doctor if you are worried.



Wash your hands with soap and water for 20 seconds.

- After you cough or sneeze.
- After touching surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).
- Before cooking food, eating, and after going to the bathroom.