



## Self-Isolation Guidelines

Self-isolation is an effective precautionary measure to protect those around you – your family, friends, colleagues – from contracting COVID-19. It means taking simple, common-sense steps to avoid close contact with other people as much as possible. We know it's a stressful time, but taking these measures will help protect you, your family and community from COVID-19 and other common infectious diseases.

**If it is suspected that you may have the COVID-19 virus but have not been tested and you were told to self-isolate by your medical provider; then,**

**You should remain isolated until you meet ALL THREE criteria:**

- **At least 3 days (72 hours) have passed since documented fever without the use of fever-reducing medications**  
(i.e. ibuprofen, acetaminophen, naproxen, aspirin)
- **Improvement of respiratory symptoms such as cough and shortness of breath**
- **At least 7 days have passed since your symptoms first appeared**

COVID-19 Symptoms



Fever



Cough



Difficulty  
Breathing

**If your symptoms worsen, or you are not improving, please call our office**

**Family Practice 775.882.1324**

**Pediatrics 775.885.2229**

**Ob/Gyn 775.883.3636**

**CMG Plus 775.283.4004**

**For questions or concerns about COVID-19,  
please call the Carson City COVID-19 Hotline at 775.283.4789.**

**If you need to call emergency services , please let them know your symptoms.**

## Managing Symptoms at Home

Currently, no antiviral medication is recommended to treat COVID-19.

Treatment is directed at relieving symptoms and may include:

- You may use Tylenol (acetaminophen), for fever and aches; avoid NSAIDs like ibuprofen, Aleve® and aspirin
- Cough syrup or medication
- Drink lots of fluids
- Rest

If your doctor thinks you can be treated at home, he or she may give you special instructions, such as to isolate yourself as much as possible while you're sick and to stay home for a period of time.



## Self-Isolation Safety Measures

- Make sure that you understand your healthcare provider's instructions for medication(s) and care. Identify someone that can help you with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor your symptoms. If your symptoms get worse, call your healthcare provider, unless it's a medical emergency, then proceed to the Emergency Room. If you need to call 911, notify dispatch of your symptoms.
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Don't allow visitors who do not have an essential need to be in the home.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.



- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. If your hands are visibly dirty, soap and water is best.
- Avoid touching your eyes, nose, and mouth with your hands.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items.
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day.
- Read and follow directions on labels of laundry or clothing items and detergent. In general, use a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.



**Discuss any additional questions with the Carson City COVID-19 Hotline 775.283.4789.**