Self-Isolation for Individuals Being Evaluated for COVID-19

The Minnesota Department of Health (MDH), using U.S. Centers for Disease Control and Prevention (CDC) guidelines, has determined that you should practice self-isolation and self-monitoring in order to protect yourself and your community from COVID-19 (novel coronavirus). This decision was made because you are being tested and awaiting results for COVID-19. For more details, please refer to CDC's Interim Guidance for Preventing the Spread of Coronavirus Disease 2019 (COVID-19) in Homes and Residential Communities (www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html).

Self-Isolation

Stay home. If you need medical care, it is important you follow the instructions below. Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis.

Separate yourself from other people in your home.
As much as possible, you should stay in a specific room and away from other people in your home. Also, use a separate bathroom, if available. Avoid handling pets or other animals while sick.

Wear a facemask if you need to be around other people and cover your mouth and nose with a tissue when you cough or sneeze.

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. **Clean all high-touch surfaces in your home daily.**

Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing 60% to 95% alcohol. Avoid touching your face with unwashed hands.

Self-Monitoring

Watch for worsening symptoms, shortness of breath, or difficulty breathing.

If you need medical care, contact your health care provider. If you need emergency medical attention during this time, call 911 and let them know you are being tested for COVID-19.

IIf you have any questions please contact your health care provider or MDH at 651-201-5414.