

Guidance for COVID-19 Monitoring, Quarantine & Isolation

Self-Monitoring	Potentially Exposed (Quarantine)	Sick/Symptomatic (Isolation)
<p>Applies to:</p> <ul style="list-style-type: none">• Everyone <p>What to do:</p> <ul style="list-style-type: none">• Check your temperature at least 1X daily, 2x/day if exposed• If you develop symptoms, refer to isolation guidelines and get tested• Maintain social distancing of at least 6 feet between yourself and others• Wash your hands with soap and water often• Avoid touching your face• Stay away from people who are sick <p>Public Health</p>  <p>ESTD 1844 SAUK COUNTY WISCONSIN</p> <p>Prevent • Promote • Protect</p>	<p>Applies to:</p> <ul style="list-style-type: none">• Household contacts of someone with a positive diagnosis• Individuals contacted by their local health department as a contact to a positive COVID-19 case <p>What to do:</p> <ul style="list-style-type: none">• Stay home for 14 days from last exposure to + case• Check your temperature 2x/day• If you develop symptoms, refer to isolation guidelines and get tested <p>When to leave quarantine:</p> <ul style="list-style-type: none">• 14 days after:<ul style="list-style-type: none">◦ The last day you were exposed to a sick person◦ When instructed to leave quarantine by Public Health	<p>Applies to:</p> <ul style="list-style-type: none">• Individuals who test positive for COVID-19• Individuals who have symptoms of COVID-19 <p>What to do:</p> <ul style="list-style-type: none">• Stay home<ul style="list-style-type: none">◦ Leave ONLY to seek medical care• Get Tested• If symptoms worsen, contact your healthcare provider (call before you go in) <p>When to leave isolation:</p> <ul style="list-style-type: none">• Ten (10) days have passed since symptoms first appeared, AND• 24 hours without fever without use of medication, AND• Other symptoms have improved