





Self-monitoring, quarantine, and isolation for COVID-19

What do these terms mean? And what do I do if I'm asked to do them?

	Who should do it?	What is it?
 Self-monitoring	People without symptoms, but who had a low-risk exposure like being in an airport, large facility, or restaurant at the same time as someone with a confirmed case of COVID-19.	<ul style="list-style-type: none">• Practice social distancing.• Check & record your temperature 2x a day and watch for symptoms.• If symptoms develop, CALL your doctor to explain symptoms and possible exposure before going in.
 Self-quarantine	People without symptoms, but who have a higher potential of becoming sick because of where they traveled or having had contact with someone being tested for COVID-19.	<ul style="list-style-type: none">• <u>Stay home 24/7 and self-monitor for 14 days.</u>• Family and roommates should practice social distancing.• If you become symptomatic, family and roommates should also go into self-quarantine.
 Monitored quarantine	Close contacts, and anyone contact traced, to an individual that tested positive for COVID-19.	<ul style="list-style-type: none">• Same steps as self-quarantine.• Plus report your twice daily temperatures and symptoms to the Health Department during your 14 days of quarantine.
 Self-isolation	People sick with symptoms of COVID-19 but not sick enough to be hospitalized, those diagnosed with COVID-19, or those awaiting test results for COVID-19.	<ul style="list-style-type: none">• Stay in a separate room from the rest of their household members.• Use a separate bathroom if possible.• Family and roommates should avoid contact with sick person and practice self-quarantine.• Wear a mask if you go into shared spaces in the home.