

Tips for Home Isolation

	<p>Do not leave your home unless it is in an emergency.</p>
	<p>Avoid one-on-one interaction within 6-feet of another person. If possible, separate yourself from other people in your home. Stay in a different room from others and use a separate bathroom, if available.</p>
	<p>Monitor your symptoms. Watch for fever, cough or trouble breathing.</p> <p>If you become ill and need non-emergency medical attention for any reason, call your healthcare provider. Before you seek care and tell your healthcare provider that you have recently traveled recently or that you have been otherwise exposed to COVID-19. Use a facemask before when you go the healthcare facility.</p> <p>If you are in a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19 while traveling. If possible, put on a facemask before emergency medical services arrive.</p>
	<p>Make sure you have the supplies and support you need.</p> <p>Arrange for an appropriate caregiver and make sure to avoid direct contact. If possible, try to stock up on necessities like food or water or have it delivered by friends, family, or delivery services. Make sure to keep at least 6-feet apart when accepting deliveries.</p>
	<p>Cough or sneeze into the fold of your elbow.</p> <p>Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.</p>
	<p>Keep your hands clean.</p> <p>Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.</p>
	<p>Clean all “high-touch” surfaces every day.</p> <p>High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.</p>



Stay connected virtually.

Keep in touch with loved ones online or through your phone. Virtual dates, video chats, and online games are great ways to prevent social isolation and keep friends and family updated.

If you have questions, contact your local county health department, or KDHE at 877-427-7317.