

Coronavirus Disease 2019 (COVID-19)

Self-Quarantine Guide

If you have been identified as a contact to someone diagnosed with COVID-19, or have been away from Tel Hai for one or more nights, you are required to self-quarantine for 14 days from your last potential exposure.

You must:

1. Take your temperature with a thermometer at least two times a day and watch for cough or difficulty breathing.
2. Stay home from school and work.
3. Employees: Discuss your work situation with your employer before returning to work.
4. Do not take public transportation, taxis, or ride-shares.
5. Try not to have any visitors to your house during this time. If you have visitors tell them that you are under COVID-19 self-quarantine.
6. Keep your distance from others (about 6 feet or 2 meters).
7. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call your doctor.
8. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel. If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for COVID-19.

How to self-monitor:

Step 1- Do health checks every morning and every night or anytime you feel like you might have a fever:

1. Take your temperature and/or that of family members who are being monitored and cannot do so themselves.
2. In addition to fever, be alert for any other symptoms of COVID-19, including cough or shortness of breath.
3. Write your temperature and any symptoms in the log.
4. Family members who are not being monitored do not need to record symptoms.

Step 2- If you have fever, cough, or shortness of breath:

1. Do not go out in public and avoid contact with others.
2. Call your doctor and tell them you are under COVID-19 quarantine.
3. Seek medical advice – call ahead before you go to a doctor's office or emergency room. Tell them you are under COVID-19 quarantine and about your symptoms, and guidance received from the health department.
4. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
5. Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.