

## Home isolation while you wait for COVID-19 testing

While you're waiting to be tested for COVID-19, you should behave like you have already tested positive. Here's how to do that:

- Quarantine yourself at home. Stay in a single room away from others. Use a separate bedroom and bathroom, if available.
- Don't share personal household items. Use your own set of dishes, utensils, towels, bedding and other household items. Wash them thoroughly after use.
- Clean all "high-touch" surfaces in your home daily, including counters, tables, doorknobs, bathroom fixtures, phones, keyboards and tablets.
- Clean your hands thoroughly and frequently. Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60% to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if your hands are visibly dirty.
- Avoid touching your face with unwashed hands.
- Cover your mouth and nose with a tissue or your bent elbow when you cough or sneeze. Throw used tissues into a lined trash can, then wash your hands right away.
- Tell anyone else that you've been in contact with that you may have contracted COVID-19. They should follow the recommendations above and monitor their health for any signs of respiratory illness (fever, cough, shortness of breath).

**Questions about COVID-19? Call our coronavirus hotline at 570-284-3657.**