

COUNTRYSIDE PUBLIC HEALTH COVID-19 ISOLATION & QUARANTINE

Recommendations from MDH

If you are in immediate contact with someone who is sick with a fever, cough, or respiratory symptoms, refer to the high risk, medium risk, & low risk contact guidelines:

High Risk Contact:

- Living in the same household
- Siblings
- Intimate Partner
- Providing direct care to patient at home without PPE

These contacts should not leave their house for **14 days** (quarantined) while monitoring symptoms.

Medium Risk Contact:

- Close contact with the patient who has been closer than 6 feet for more than an hour
- Providing direct care to patient at home with PPE

These contacts should quarantine for **14 days** at home, but may leave home to pick up essential needs only.

Low Risk Contact:

- Being in the same indoor & outdoor environment with someone with symptoms but without close contact
- If you have maintained at least a 6 foot distance for less than an hour

These contacts are able to go to work & monitor their own symptoms.

If you have cough, fever, or upper respiratory symptoms but are not hospitalized:

- Self-Isolate for 7 days or 72 hours FEVER FREE (without fever reducing medicine) whichever is longer
- STAY HOME
- Treat yourself as you would other illnesses

These guidelines are very fluid & changing daily.

Guidelines as of March 25, 2020.

*PPE: Personal Protective Equipment



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