

# **FREQUENTLY ASKED QUESTIONS ABOUT AT-HOME ISOLATION**

## **WHEN IS ISOLATION REQUIRED?**

Isolation is required when your COVID – 19 test comes back positive.

## **WHAT DOES AT-HOME ISOLATION MEAN?**

At-home isolation means that you and any one who lives with you must remain in your house for the next 14 days and/or until you no longer exhibit any symptoms for 3 full days without fever reducing medication *whichever is longer*.

If rapid testing is available, you will need to pass a rapid test to move out of at-home isolation.

## **CAN I LEAVE MY HOUSE FOR ANYTHING DURING AT-HOME ISOLATION?**

The only thing you can leave your house for is medical attention. If you need to see a doctor, please call before arriving and indicate you are COVID – 19 positives and follow all directives from your provider.

**WATCH FOR EMERGENCY SIGNS.** Call 9-1-1 if the sick person has:

- Trouble breathing
- Constant pain or pressure in the chest
- Unusual feelings of confusion or not able to respond
- Lips or face have a blue or purple tint
- Severe constant dizziness or lightheadedness
- Slurred speech (new or worsening)

## **CAN PEOPLE COME VISIT US WHILE IN ISOLATION?**

No, you should not have any guest while in isolation. As a positive case, you can spread the virus very easily to anyone who visits. To mitigate spread, please call them on the phone or do video chats.

## **IF ME AND MY FAMILY HAVE TO ISOLATE, CAN THEY GET INFECTED?**

Yes, if they are already not infected.

It is important you prepare you house for isolation by following these steps:

1. If possible, separate the positive case into their own room. As much as possible, stay in that space away from the others in your family. Do not clean that space until the person is no longer sick and do so with gloves on. If not possible clean surfaces daily and frequently.
2. If possible, have the positive case use a separate bathroom from others. If possible, do not clean that bathroom until the person is no longer sick and do so with gloves on. If not clean bathroom surfaces (including counters, toilet, toilet handle, door knobs, light switches, shower if used, etc.) every time after the positive case uses the facilities.
3. Restrict contact with your pets or animals while confirmed positive. Your animals cannot get COVID-19, however animals can spread the disease to others, as the disease can

## **FREQUENTLY ASKED QUESTIONS ABOUT AT-HOME ISOLATION**

live on surfaces for 3 full days (pets fur, etc.). So if you do contact your pet, wash your hands before and after and practice good hygiene when around pets.

For more information on how to prepare your home for isolation see our "How to Prepare Your Home for At-Home Isolation" document.

### **WAIT, HOW DO I GET FOOD?**

Food boxes will be delivered to your house every two weeks while in isolation. They will be delivered until you are cleared to move out of isolation.

### **WHAT ABOUT MY MEDICATIONS?**

The health and wellness staff at RSHC will deliver medications to any one in the village of Taholah (including Q-Village) and Queets.

### **WHAT IF I DON'T HAVE CLEANING SUPPLIES?**

Everyone household in at-home isolation status will receive cleaning supplies, red bags and thermometers (if available).

### **WHY DOES ALL MY TRASH HAVE TO BE IN A RED BAG?**

COVID – 19 can live on surfaces for up to 3 full days, to protect our sanitation workers, all trash should be placed in a red bio-hazard bag, that will be taken to a biohazard dumpster.

### **DO I PUT THESE RED BAGS IN THE REGULAR TRASH BIN TO BE COLLECTED?**

No, you will receive a schedule for red trash bags – please follow that schedule.

### **MORE ABOUT DAILY MONITORING CALLS:**

Unfortunately, there has been a global trend of people who are in at-home isolation dying in their houses because they did not seek medical attention when their symptoms progressed.

QINs response to that is to have someone call you daily to check-in on how you are doing. This is **NOT** a medical professional. *They cannot give you medical advice.* If you are seeking medical advice please call 9-1-1 immediately.

## **FREQUENTLY ASKED QUESTIONS ABOUT AT-HOME ISOLATION**

The objectives of monitoring are:

- Assure isolated individuals understand when and how to seek medical care
- Identify needs for behavioral health care and connect individuals to telehealth options.
- Identify other needs

### **ADDITIONAL THINGS YOU SHOULD DO:**

- Cover your coughs and sneezes
- Washing your hands often with soap and warm water for at least 20 seconds
- Clean all high-touch surfaces frequently: counters, door knobs, light switches, phones, key boards, remote controller, fridge handles, etc.
- Self-monitor your symptoms – seek immediate medical attention immediately if you have difficulty breathing.

### **ADDITIONAL THINGS YOU SHOULD NOT DO:**

- Share personal household items: drinking glass, cups, dishes, eating utensils, towels, bedding, etc.

### **HOW DO I GET RELEASED FROM AT-HOME ISOLATION?**

You must wait until you have had zero symptoms for 3 full days without fever reducing medication and/or 14 days, *whichever is longer*.

Call the call the RSHC clinic at 360-276-4405 to discuss this more fully.