



**February 4, 2020**

## **Home Isolation and Monitoring Procedures for Confirmed Cases and Persons Being Evaluated for Novel Coronavirus (2019-nCoV) in Georgia**

Your doctors and public health staff will evaluate whether you can be isolated and cared for at home. You should follow the prevention steps below until your local or state health department says you can return to your normal activities.

**Contact information for the Georgia Department of Public Health (DPH): 1-866-PUB-HLTH (782-4584)**

### **Stay home except to get medical care**

You should not go outside your home, except for getting medical care. Do not go to work, school, or public areas, and do not use public transportation, Uber/Lyft, or taxis. If you are being tested for 2019-nCoV infection, testing may take several days. Please contact DPH if you do not have someone who can assist you with necessities while you are self-isolating.

### **Separate yourself from other people in your home**

As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available. The CDC currently recommends trying to keep 6 feet between yourself and others, if possible.

### **Wear a face mask**

You should wear a face mask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a face mask if they enter your room.

### **Cover your coughs and sneezes and clean your hands**

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into the crook of your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Wash hands often even when not coughing or sneezing.

### **Avoid sharing household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

### **Monitor your symptoms**

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** going to your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected. **Ask your healthcare provider to call state health department at 1-866-PUB-HLTH.**

### **Call ahead before visiting your doctor and notify DPH (1-866-PUB-HLTH)**

Before your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected. **Please also contact the health department (866-PUB-HLTH) if you are seeking medical attention while being tested for novel coronavirus.** If you are experiencing a medical emergency, please call 911 and inform them that you may have been exposed to 2019-nCoV.

*\*Adapted from CDC guidance <https://www.cdc.gov/coronavirus/2019-ncov/hcp/quidance-prevent-spread.html>*