

# What does it mean to be isolated?

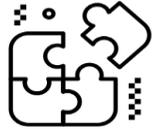


## Stay at home except to get medical care.

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you need help with this, please let us know.

## Separate yourself from other people in your home.

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.



## Wear a facemask.

You should wear a facemask 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 facemask (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 facemask if they enter your room.

## Cover your coughs and sneezes.

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and 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.



## Clean your hands.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, 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. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Avoid sharing personal household items.

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



## Monitor your symptoms.

Seek prompt medical attention if your symptoms worsen. Before seeking care, call your healthcare provider and tell them that you have, or may have, novel coronavirus infection. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed. **If you need emergency medical care call 911** and tell them you have, or may have, novel coronavirus infection.

# What does it mean to be quarantined?



## Stay at home except to get medical care.

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you need help with this, please let us know.

## Monitor for symptoms.

Seek prompt medical attention if you develop symptoms including fever of 100.0° F or above, feeling feverish, cough, or difficulty breathing. Before seeking care, call your healthcare provider and tell them that you are under quarantine for potential exposure to novel coronavirus (2019-nCoV). Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.



**If you need emergency medical care call 911** and be sure to tell them you may have been exposed to 2019-nCoV.



## Clean your hands.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, 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 are best if your hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Avoid sharing personal household items.

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



## Cover your coughs and sneezes.

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and 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.

# What is Active Monitoring?

## What do I need to do?

- Take your temperature twice a day (morning and night). If you do not have a thermometer we can provide one for you.
- You should keep a record of whether you are taking any medication with aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), Motrin® or Advil® (ibuprofen). If you are taking any of those medications, temperature readings should be taken before your next dose.
- Monitor daily for symptoms including fever (temperature of 100.0° F or above), feeling feverish, chills, cough, night sweats or difficulty breathing.

## What do I do if I develop symptoms?

- **If you need emergency medical care call 911** and be sure to tell them you may have been exposed to novel coronavirus.
- Otherwise, seek prompt medical attention if you develop symptoms including fever, cough, or difficulty breathing.
- Before seeking care, call your healthcare provider and tell them that you are under quarantine for potential exposure to novel coronavirus.
- Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.

## How often will I be contacted?

- The Pasadena Public Health Department will contact you daily by phone.
- During these daily calls you will be asked about your symptoms and temperature that day.
  - If you develop symptoms, contact your healthcare provider immediately; **do not wait** for the health department to contact you to report symptoms.

## How long will active monitoring last?

- Active monitoring will end after 14 days since your last potential exposure to someone with novel coronavirus.
- Your last day of active monitoring will be: \_\_\_/\_\_\_/\_\_\_\_\_.

# What is Self-Monitoring?

## What do I need to do?

- Take your temperature twice a day (morning and night). If you do not have a thermometer we can provide one for you.
- You should keep a record of whether you are taking any medication with aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), Motrin® or Advil® (ibuprofen). If you are taking any of those medications, temperature readings should be taken before your next dose.
- Monitor daily for symptoms including fever (temperature of 100.0° F or above), feeling feverish, chills, cough, night sweats or difficulty breathing.

## What do I do if I develop symptoms?

- **If you need emergency medical care call 911** and be sure to tell them you may have been exposed to novel coronavirus.
- Otherwise, seek prompt medical attention if you develop symptoms including fever, cough, or difficulty breathing.
- Before seeking care, call your healthcare provider and tell them that you may have been exposed to novel coronavirus.
- Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.

## How often will I be contacted?

- Unless you develop symptoms, the Pasadena Public Health Department will not contact you.

## How long will monitoring last?

- Self monitoring can end after 14 days since your last potential exposure to someone with novel coronavirus.
- Your last day of monitoring will be: \_\_\_/\_\_\_/\_\_\_\_\_.