



Isolation and Homecare Recommendations

If you are sick and have been diagnosed with COVID-19 or suspect that you have COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Symptoms of COVID-19

The most common symptoms of COVID-19 may include mild symptoms at the start such as headache, sore throat, fatigue, as well as muscle aches, fever, cough and shortness of breath.

If you have tested positive for COVID-19, are waiting for COVID-19 test results, or have some of the symptoms above but have not been tested, you should follow the below instructions.

Stay home

Stay home for 7 days from the start of symptoms AND 72 hours until fever free, whichever is longer and as long as your symptoms are significantly improving. Do not go outside, have other people visit, or leave your home during this time, except to see a healthcare provider.

Separate yourself from other people in your home

Do the best you can to stay away from other people as much as possible. If you can, stay in a room to yourself and away from other people in your home. Stay at least 6 feet away from anyone else as much as you can. Use a separate bathroom, if you can. You should not be responsible for caring for others. Additional guidance below.

Call ahead before visiting your doctor

Call your healthcare provider first and tell them that you have or may have COVID-19. If you have a medical plan with Eagle County Public Health & Environment - follow that plan. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (for example, 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 are in the same room as you.

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 immediately clean your hands with either alcohol based hand rub or soap and water.

Wash your hands

Clean your hands often. Wash thoroughly with soap and water for at least 20 seconds. Alternatively, if your hands are not visibly dirty, you can use an alcohol based hand rub with at least 60% alcohol, rubbing on all surfaces of the hands until dry. 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 hot water.

Monitor your symptoms and act quickly if they worsen

If your illness is worsening (for example, shortness of breath or difficulty breathing):

- Act quickly. Call your healthcare provider and tell them that you are a person who is confirmed to have, or may have COVID-19.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID19. If possible, put on a facemask before emergency medical services arrive.
- 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.
- People who are being monitored by public health for symptoms should follow instructions provided by public health.

Family Members and Roommates of a Person with Symptoms

- If you have symptoms, please stay away from healthy household members as much as possible.
- Household members that don't have symptoms: keep distance from the person that is ill as much as possible. This includes not sharing the same bedroom, staying at least 6 feet apart, and having the ill person wear a mask when in the same room.
- [Clean and disinfect surfaces](#) that come into contact with anyone who is sick on a regular basis.
- Make sure everyone in the household washes their hands frequently. Monitor yourself for any symptoms daily for 14 total days.
- For more information call Eagle County Public Health & Environment at 970-235-0187.