

KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION AND ISOLATION FOR COVID-19

SYMPTOMS OF COVID-19



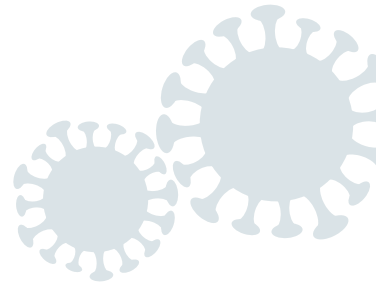
FEVER



COUGH



DIFFICULTY BREATHING



SELF-MONITORING



You have:

- ▶ no symptoms
- AND
- ▶ a history of possible exposure to the novel coronavirus that causes COVID-19 in the last 14 days

SELF-ISOLATION

You have:

- ▶ no symptoms
- AND
- ▶ a history of possible exposure to the novel coronavirus due to travel to an area with community spread, or close contact with a person diagnosed with COVID-19

ISOLATION

You have:

- ▶ symptoms, even if mild
- AND
- ▶ you have been **diagnosed with COVID-19** or are waiting for the results of a lab test for COVID-19



SELF-MONITOR means to:

- ▶ **monitor yourself** for 14 days for one or more symptoms of COVID-19
- ▶ go about your day but **avoid crowded places** and increase your personal space from others, whenever possible

SELF-ISOLATE means to:

- ▶ **stay at home** and monitor yourself for symptoms, even if mild, for 14 days
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community in the event you develop symptoms

To be **ISOLATED** means to:

- ▶ **stay at home** until you are advised that you are no longer at risk of spreading the virus to others
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community



You need to **self-monitor** if:

- ▶ you have reason to believe you have been **exposed to a person** with COVID-19



OR

- ▶ you are in **close contact** with older adults or medically vulnerable people

OR

- ▶ you have **been advised to self-monitor** for any other reason by the health department

Self-isolate if:

- ▶ you have travelled to an **area with community spread** within the last 14 days

OR

- ▶ your local health department has identified you as a **close contact** of someone diagnosed with COVID-19

You need to **isolate** if:

- ▶ you have been **diagnosed** with COVID-19

OR

- ▶ you are **waiting to hear the results** of a laboratory test for COVID-19

OR

- ▶ you have been **advised to isolate at home** for any other reason by your local health department



If you develop symptoms, **isolate yourself from others immediately** and contact **your healthcare provider** as soon as possible

If you develop symptoms, even if mild, **stay home, avoid other people** and contact **your healthcare provider** as soon as possible

If your symptoms get worse, immediately contact your healthcare provider. **If it is a medical emergency, call 9-1-1**

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION:

KY COVID-19 Hotline (800) 722-5725

<https://govstatus.egov.com/kycovid19>

<https://www.facebook.com/nkyhealth/>

www.nkyhealth.org

<https://twitter.com/nkyhealth>



NKYHEALTH
NORTHERN KENTUCKY HEALTH DEPARTMENT