

## Self-Isolation Guidance for Iowans

Updated: 3/18/2020

### It is recommended that Iowans self-isolate for 14 days in the following situations:

- If you have been on an international cruise in the last 14 days.
- If you have traveled internationally in the last 14 days to a country with a Level 3 Travel Warning in place.
- If you live with someone who has symptoms of COVID-19 or has tested positive for COVID-19.

### What does self-isolation mean?

- Stay home and do not go to school, public areas or attend gatherings.
- Do not use public transportation, ride sharing or taxis.
- Postpone all travel.
- Wash your hands often and practice good hygiene.
- Postpone all non-essential medical appointments until you have completed your 14 days of self-isolation. If you have an essential medical appointment during this time, please work with your healthcare provider and local public health professionals as needed to help coordinate the visit.

### What should I be watching for during self-isolation?

- Take your temperature twice a day. Watch for a fever.
- Watch for cough or difficulty breathing.

### What about the people I live with?

- Family members or other persons who reside in your home may remain in your home, but you should stay in a specific room away from others in your home and use a separate bathroom (if available).
- As long as you remain healthy, the other persons in your home can go about their daily activities as normal (there is no restriction on their movement).
- You should not have direct contact with any animals (i.e., dogs, cats, pigs, cattle, sheep and goats) out of an abundance of caution. Arrange for your pets to be cared for and housed outside of your home, if possible.
- If you live alone, or if every member of your household is placed under voluntary home confinement, you should arrange by telephone or electronic means (e.g., email or text message) for relatives, neighbors or friends to assist with any needs you may have during the period of voluntary confinement. These persons must not have direct contact with you. If you need assistance in providing for your daily needs, you may call your county public health department or the Iowa Department of Public Health at (800) 362-2736.

### What should I do if I develop a fever, cough or have difficulty breathing?

Sick Iowans must stay home and isolate themselves from others in their house. Approximately 80% of Iowans infected with COVID-19 will experience only a mild to moderate illness. Most mildly ill Iowans do not need to go to their healthcare provider or be tested to confirm they have COVID-19.

If you are sick, stay home until:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers), AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved), AND
- at least 7 days have passed since your symptoms first appeared.

If you think you may need healthcare, call first. Your provider can assess whether you need to be seen in the office or if you can recover at home. Also, there may be options for you to talk to a medical provider from home using technology.