

Isolation Fact Sheet for Schools

You have been identified as a probable COVID-19 case

What does isolation mean?

Isolation is the separation of sick people with an infectious disease from others who are not sick. This is commonly confused with quarantine. **Quarantine** is the separation or restriction of the movement of people who were exposed to a contagious disease to monitor their symptoms as they may become sick and infect others. Probable and confirmed COVID-19 cases are asked to isolate and people who have been exposed to probable or confirmed cases are asked to quarantine.

What is a Probable COVID-19 Case?

A Probable COVID-19 Case is someone who has had recent close contact with someone who has COVID-19 while they were infectious **AND** is exhibiting symptoms that are consistent with COVID-19.

What are the symptoms?

Symptoms that classify you as a probable case are as follows:

If you are experiencing **TWO** of the following

- Fever
- Rigors (sudden feeling of cold with shivering accompanied by a rise in temperature)
- Headache
- New taste and smell disorders
- Chills
- Myalgia (muscle aches)
- Sore Throat

OR At least **ONE** of the following symptoms:

- Cough
- Difficulty breathing
- Shortness of breath

What does this mean for you?

- **You should stay home** (except to get medical care)
- **As much as possible, stay in a specific room** and away from other people and pets in your home. If possible, you should use a separate bathroom
- **You should wear a mask, over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- Do not share personal household items, like dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

When can I be around others again?

You may be around others if the following criteria has been met:

- It has been at least 10 days since symptoms first appeared **AND**
- You have been fever free for at least 24 hours without fever reducing medication **AND**
- Other symptoms of COVID-19 are improving
 - ****Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.**

If you have any questions, or need further guidance, please call the **Ottawa County Health Department at 419-734-6800.**