



Kentucky Public Health

Prevent. Promote. Protect.

Prevention Steps for People Home Quarantined and Voluntary Restricted Movement Due to Potential Exposure to COVID-19

If it is determined that you need to be quarantined at home, you will be monitored by staff from Public Health. You should follow the prevention steps below until Public Health says you can return to your normal activities.

Stay 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 and do not use public transportation or taxis.

Separate yourself from other people in your home. As much as possible, you should stay in a different room from other people in your home. You should use a separate bathroom, if available.

Call ahead before visiting your doctor. Before any medical appointment, call the healthcare provider and tell them that you are being monitored for COVID-19. This will help the healthcare provider's office take steps to keep other people from potentially being exposed.

Cover your coughs and sneezes. Cover your mouth and nose with a tissue when you cough or sneeze or you can cough or sneeze into your sleeve. Throw used tissues in a lined trashcan and immediately wash your hands with soap and water for at least 20 seconds.

Wash your hands. Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

Monitor your symptoms. Notify your healthcare provider and your local health department if you develop symptoms (e.g., fever, respiratory symptoms, difficulty breathing).

Prevention Steps for Caregivers and Household Members

If you live with or provide care at home for a person being monitored for COVID-19 you should:

- Make sure that you understand and can help the person follow the healthcare provider's instructions for medication and care. You should help the person with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Only allow people in the home who are essential for providing care for the person.
- Other household members should stay in another home or place of residence. If this is not possible, they should stay in another room or be separated from the person as much as possible. Use a separate bathroom, if available.
- Restrict visitors who do not have an essential need to be in the home.
- Keep people over 60 years of age and those who have compromised immune systems or chronic health conditions away from the person. This includes people with chronic heart, lung or kidney conditions, and diabetes. Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with a person who is being monitored for COVID-19. After the person uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables every day.
 - Read labels of cleaning products and follow recommendations provided on product labels. Labels contain instructions for safe and effective use of the cleaning products including precautions you should take when applying the product.
 - You may also use a diluted bleach solution or a household disinfectant with a label that says "EPA-approved." To make a bleach solution at home, add 1 tablespoon of bleach to 1 quart (4 cups) of water. For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water. Use a freshly made bleach solution each day, if commercial products are unavailable.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, body fluids and/or secretions or excretions on them.
 - Wear disposable gloves while handling soiled items and wash your hands immediately after removing your gloves.
 - Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.
- Monitor the person's symptoms. If they develop a fever, respiratory symptoms or shortness of breath, call their healthcare provider and tell them that the person is being monitored for COVID-19. This will help the healthcare provider's office take steps to limit potential exposure. Ask the healthcare provider to call the local or state health department.
- Discuss any additional questions with your state or local health department.

[For the most up-to-date information, visit the following sites:](#)

<https://kycovid19.ky.gov>

www.cdc.gov/covid19