INFORMATION ABOUT QUARANTINING

What is the difference between isolation and quarantine?
Isolation and quarantine are public health practices used to protect the public by preventing exposure to people who have or may have a contagious disease.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.

Why is the recommendation of being quarantined 14 days in length?
Researchers have found that the typical incubation period is about five days. About 97% of the people who get infected and develop symptoms will do so within 11 to 12 days, and about 99% within 14 days.

Why am I being quarantined for 14 days?
We are recommending quarantine for a period of 14 days based on the guidance from the Center for Disease Control & Prevention (CDC), the Illinois Department of Public Health, and McDonough County Health Department, as they have found that **this period of time is long enough for an individual to develop symptoms if they are infected or successfully monitor themselves for symptoms if they've been in contact with someone else with the virus.**

What type or symptoms/events would warrant an individual to be requested to quarantine?

- If you have come into close contact or live with someone who has a confirmed case of COVID-19 and is symptomatic (example: close contact means two seats in either direction on an airplane).
- If you develop symptoms that may be flu-like, ranging from mild to serious, and include:
  - **Fever (100.4° or higher)**
  - **Cough**
  - **Shortness of breath or difficulty breathing** (Contact your health care provider)
- If you've recently traveled on a cruise ship.
- Have traveled from a country or area with widespread or ongoing community spread.

How to Self-Quarantine:
The CDC recommends **taking the following steps** to help prevent the spread of COVID-19.

- Don’t leave your house unless absolutely necessary
- To the best of your abilities restrict your activities outside of your home, including going to school, work, public areas or using public transportation.
- Only leave the house if you need to see your doctor and you have called ahead to discuss and plan your appointment.
- Separate yourself from the people and pets you share your home with
- If possible, stay in a separate room and use a separate bathroom. While there are no reports of transmission of the new coronavirus to pets, it’s recommended that you limit contact with animals at this time.
- Wash your hands often and thoroughly.
- Practicing proper hand hygiene can help prevent the spread of the virus. Wash your hands after blowing your nose, sneezing or coughing. In addition, avoid touching your face.
- Don't share your stuff:
  - Avoid sharing the following items with people or animals in your home:
    - Bedding
    - Dishes, drinking glasses and utensils
    - Towels, including hand towels in the kitchen and bathroom
  - Bedding
  - Dishes, drinking glasses and utensils
  - Towels, including hand towels in the kitchen and bathroom
- Disinfect commonly touched surfaces every day
- At least once per day, be sure to clean and disinfect commonly touched surfaces around your home, including:
  - Bathroom fixtures
  - Counters
  - Door knobs
  - Keyboards
  - Phones

What do I do if I start to develop symptoms of COVID-19?
Please know that if you do start to develop symptoms of COVID-19, it's going to be OK. Most people have mild illness and are able to recover at home without having to receive medical care or even a visit to the hospital.

McDonough District Hospital has instituted a Nurse’s Triage Hotline. If a person is experiencing symptoms of fever, cough, or shortness of breath they should call the nurse triage hotline at (309) 836-1715 or their primary care provider. The nurse triage hotline will operate from 7am - 7pm.

If you wish to be seen by your local Health Care provider, make sure you call ahead before you go in, so they can make any necessary accommodations.

If you develop emergency warning signs for COVID-19, get medical attention immediately. Emergency warning signs include*:

→ Trouble breathing
→ Persistent pain or pressure in the chest
→ New confusion or inability to arouse
→ Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Is there anything I can take to relieve symptoms if I start to feel sick?
To help relieve achiness, pain or fever, adults should use 2 tablets of tylenol 350mg-500mg every 6 hours as needed. Do not exceed 4000mg in 24 hours. Do not take medication with alcohol.

For nasal congestion, over the counter pseudoephedrine, phenylephrine or decongestant of choice should be used as directed on the packaging.

For cough, you may try over the counter robitussin or cough suppressant of choice as directed on the packaging. Be certain to look at ingredients on packaging, as many over the counter cough and cold medications (such as Tylenol cough and cold, Dayquil, Nyquil etc.) have combinations of these medications and you could take excessive amounts of medication, if you combine several products that are combination products.

Resources:
- WIU’s Coronavirus Information Website: www.wiu.edu/coronavirus
- Center for Disease Control and Prevention: www.cdc.gov
- World Health Organization: www.who.int/
- McDonough County Health Department: www.mchdept.com/
- Rock Island County Health Department: richd.org/
- Scott County Health Department: www.scottcountyiowa.com/health
- State of IL COVID-19 Response Website: coronavirus.illinois.gov/s/