Quarantine Care Guide

In this booklet, you will find instructions on how to care for yourself, your loved ones and our community during the COVID-19 outbreak.

Please utilize this important resource in any of the following situations:

- If you've been exposed and develop ANY symptoms during quarantine:
  - **Symptoms include:**
    - Fever or chills
    - Cough
    - Shortness of Breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea

- If you have been tested for COVID-19 and are currently awaiting results

- If you have been asked to quarantine due to travel or close contact of a confirmed COVID-19 Case

If you have recently returned from an area, internationally or within the U.S., where COVID-19 is spreading, it will be recommended that you self-quarantine.

If you have personally been in close contact with a person who was diagnosed with COVID-19, it will be recommend that self-quarantine.

Follow the direction in the quarantine order, the directions provided by your health department and the CDC

If you have a medical emergency, call 911. Tell them your symptoms, if you’ve been tested & results.
During Quarantine

If you develop ANY symptoms listed on page 2 of this guide:

- Contact your Medical Provider or the Abilene-Taylor Co. Public Health District at (325) 692-5600 for further instructions.
- DO NOT GO OUT INTO PUBLIC
- Avoid contact with others
- Wash hands often, immediately after coughing, sneezing, or contact with your face.
- Stay hydrated and rest.
- Visit abilenetx.gov/covid19 for full information

What to do if you think you may have Coronavirus (COVID-19)

If your symptoms worsen:

- Call ahead before you go to a Doctor or emergency room
- Telemedicine Health Screening: (325) 437-8602
- Hendrick Medical Center Text Screening: Text “COVID Help” to (325) 216-4824
- If your symptoms become life threatening & you require immediate medical attention, CALL 911

If you get sick, contact your primary care physician or health department and tell them your symptoms, if you’ve traveled and if you’ve been in contact with a known positive case. Start self-monitoring. https://www.abilenetx.gov/covid19
Check and Record Everyday

Take these steps to monitor & record your health daily:

1. Take your temperature with a thermometer **two times a day** and watch for cough, shortness of breathe and sore throat.

2. **STAY HOME** and avoid contact with others. The **best way to prevent the spread of COVID-19 is to stay home for a 14 day quarantine period.** The CDC has identified two alternate quarantine periods outlined on page 7 of this guide.

3. Do not take public transportation, taxis or ride-shares and avoid public places.

4. Keep your distance from others (about 6 feet or 2 meters).

5. If you develop headache, lose your sense of taste or smell, or develop any cold or flu-like symptoms, follow instructions on page 3.

6. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about any recent travel.

Abilene Taylor County Public Health District: 325-692-5600 or call 211 for more information about COVID-19.

RECEIVE THE LATEST CITY INFORMATION & UPDATES
ABILENETX.GOV/COVID19

If you have a medical emergency, call 911. Tell them your symptoms, if you've been tested & results.
Check and Record Everyday

Do health checks every morning and every night:

- Take your temperature and/or that of family members who traveled with you and cannot do so themselves.
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or difficulty breathing.
- Write your temperature and any symptoms in the log included in this booklet.

If you have been exposed to a person with COVID-19, it may take up to 14 days to know if you will get sick.

It is important to check your health two times each day for 14 days and record it on the following chart. See sample.

At the end of 14 days:

- If you have symptoms or tested positive, you must remain in quarantine for at least 10 days following and then until you are 24 hours symptom/fever free.

If you have a medical emergency, call 911. Tell them your symptoms, if you’ve been tested & results.

For additional quarantine guideline options for exposed individuals see page 7.
Check and Record Everyday

Record Health Checks 2 Times Daily:

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If you have a medical emergency, call 911. Tell them your symptoms, if you’ve been tested & results.

For additional quarantine guideline options for exposed individuals see page 7.
Alternative Quarantine Periods for Exposed Individuals

A 14-day quarantine period is still considered the safest way to prevent spreading the infection to others.

CDC has identified two alternative quarantine periods, a 10-day quarantine period not requiring testing prior to early release, and a 7-day quarantine period requiring testing prior to early release. However, both reduced quarantine periods have a higher transmission risk compared to the standard 14-day period.

Listed below are CDC alternatives to a 14-day quarantine period that could be considered for use within local jurisdictions:

10-Day Quarantine Period:
- No testing required AND only if no symptoms have been reported during daily monitoring. Monitor symptoms until day 14.

7-Day Quarantine Period:
- If a PCR or Antigen test is negative AND there are no symptoms during daily monitoring.
- The test may be performed on days 5, 6 or 7 of quarantine but not before. If the test is negative, quarantine can end on day 8 with continued daily monitoring for symptoms until day 14.

With both the 7- and 10-day methods of release from quarantine, individuals should continue to monitor themselves closely for any symptoms. If COVID symptoms begin after release from quarantine, individuals should immediately isolate again and contact their primary care doctor or the health department for evaluation and possible testing.

Follow the direction in the quarantine order, the directions provided by your health department and the CDC.

If you have a medical emergency, call 911. Tell them your symptoms, if you’ve been tested & results.
During Quarantine

If you are pending results OR tested Positive: Self- Isolation

- You are expected to self-isolate, which means you cannot leave you home except to obtain medical care. You should not leave to obtain groceries, go to church or attend any other public area. You should arrange a food and/or grocery delivery service or ask loved ones, neighbors and/or church for assistance. You can also call 2-1-1 regarding assistance to get the items you need.

- If you have been tested, you will be expected to self isolate at home until you receive your test results.

- If you have tested positive, you must remain in quarantine for at least 10 days following and then until you are 24 hours symptom/fever free.

- If your test results are negative, you may return to work or school after you are fever free (without fever reducing medication) and symptom free for 24 hours.

- If you have developed a fever over 100.0 or cough, shortness of breathe & sore throat, and you have not tested for COVID-19, please stay home until you have been fever free and symptom free for 24 hours.

CALL AHEAD BEFORE YOU GO TO A DOCTOR OR EMERGENCY ROOM.
Text “COVID Help” to 325-216-4824.

If you have a medical emergency, call 911. Tell them your symptoms, if you’ve been tested & results.