

Arbor Medical Partners
Patient Home Quarantine Instructions

If you are advised by your provider to place yourself under quarantine, here are some instructions:

For the patient:

1. You should stay home except to get medical care. Your provider will advise you how long you should stay quarantined.
2. Separate yourself from other people and animals in your home
 - As much as possible, you should stay in a specific room and away from other people, use a separate bathroom if available
 - You should restrict contact with pets while you are sick. Although there have not been reports of pets becoming sick with COVID-19, it is still recommended by the CDC to limit contact until more information is known
3. Wear a facemask and keep “high touch” surfaces clean with household cleaner. Wash your hands often with soap and water for 20 seconds
4. No sharing food or drinks
5. Cover your mouth and nose with tissue when coughing or sneezing. Wash your hands with soap and water for 20 seconds immediately after
6. Avoid touching your face and eyes with your hands
7. If you are feeling worse, seek prompt medical attention. BEFORE getting to medical facility, tell them you have or are being evaluated for COVID-19. Wear a facemask before you enter the facility (ask for one upon arrival if you don't have)
8. You should remain under quarantine until advised by your healthcare provider

For other members in the household:

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19 or has been exposed. This will help the healthcare provider's office take steps to keep other people in the office or waiting room from getting infected. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick. For more information, [see https://www.cdc.gov/coronavirus/2019-ncov/faq.html/#2019-nCoV-and-animals](https://www.cdc.gov/coronavirus/2019-ncov/faq.html/#2019-nCoV-and-animals)

- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- The patient should wear a facemask when you are around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
 - Throw out disposable facemasks and gloves after using them. Do not reuse.
 - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient 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. Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
 - In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty

**For up to date and more information refer to the CDC website: www.cdc.gov