

LTN Program COVID-19 training

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The Why!

Over the last several months, the way the world operates has changed dynamically. Our world is facing an illness that we don't fully understand. More people have become sick and died in the USA than anywhere else in the world. Even our own LTN community was struck when one of our alumni contracted COVID-19 and nearly died. (Her recovery required a week on a respirator and a plasma transfusion.) While we are thrilled to see restrictions begin to lift, we also recognize that the density of cities and communal living present particular obstacles that need to be factored into staying safe and healthy.

This special COVID-19 guide is intended to keep you and the people around you safe. Your safety and health is of the utmost importance to Love Thy Neighborhood. These guidelines are to be followed at all times. Should any adjustments be recommended or required by the state or federal government, we will adhere.

Our Christian ancestors faced far more imminent threat, illness, and social restrictions than we have. And yet, God used them to continue to advance the gospel. We anticipate he will do the same with you!

1. How COVID-19 Spreads

What is COVID-19?

COVID-19 is caused by a coronavirus called SARS-CoV-2. Coronaviruses are a large family of viruses that are common in people and many species of animals. Coronaviruses can actually be fairly common, causing mild respiratory illnesses like the common cold. The SARS outbreak of 2003 was a type of coronavirus.

A newly identified type of coronavirus has now emerged, causing the current outbreak of respiratory illness called COVID-19 (short for Coronavirus Disease 2019). No one knows for sure how this virus emerged, but because it is new to our bodies and spreads fast, to date more than 1.76 million people have been infected in the U.S. alone (as of May 29th).

A Fast-Spreading Virus

COVID-19, like many viruses, is thought to spread mainly from person-to-person. This can happen several different ways:

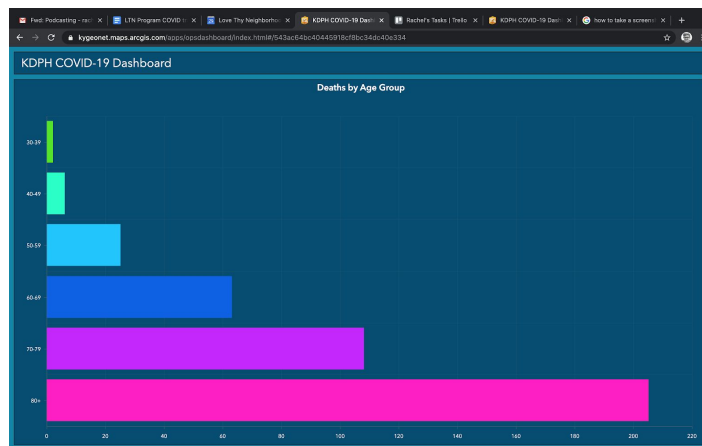
- Between people who are in close contact with one another (within about 6 feet).

- Through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Through touching infected surfaces (See video: How viruses spread: <https://www.cnn.com/videos/health/2020/05/14/japan-video-coronavirus-spread-coren-pkg-intl-ldn-vpx.cnn/video/playlists/coronavirus-intl/>)
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms (asymptomatic).

Why Should We Be Cautious?

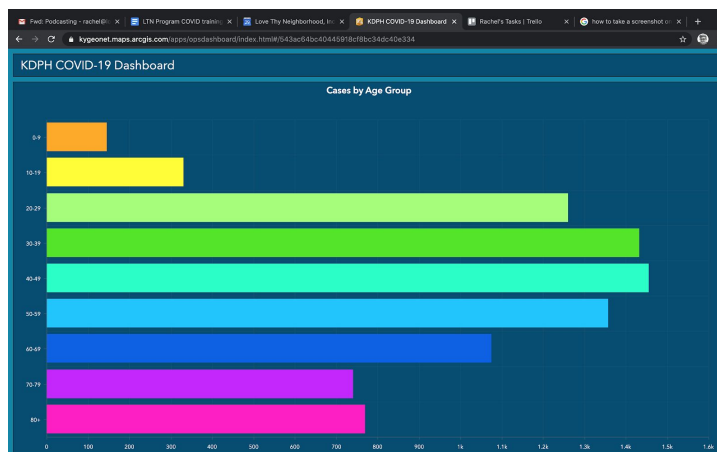
There is currently no vaccine to prevent COVID-19. As such, not everyone's immune system is capable of fighting off this virus, especially those who are immune-compromised or have pre-existing health problems.

(Graph A. Shows data for the state of Kentucky only)



As LTN Summer interns, most of you are probably in good health. You fall within the category of those who are less at risk of fatality or getting extremely sick (Graph A). However, you also fall in the category of those who are more likely to contract or be carrying the virus (Graph B).

(Graph B. Shows data for the state of Kentucky only)



So, while it's possible that you yourself may not be concerned about your health, for the sake of your neighbors and the city of Louisville, we ask that you adhere to the guidelines given throughout this document. As a nonprofit we are required to follow these guidelines to even be able to open back up in the state of Kentucky. We are deeply thankful for your sacrifice to use your summer to explicitly follow God's command to love your neighbor as yourself; for now, loving our neighbors means doing our part to avoid further spreading COVID-19.

2. Our New “Normal”

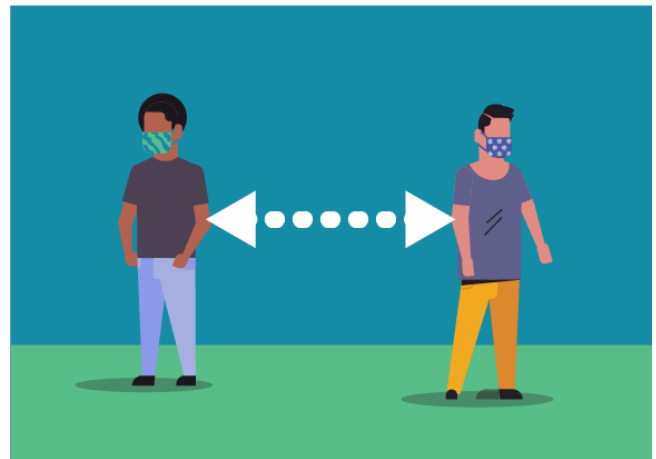
The best way to prevent illness is to avoid being exposed to this virus. Per guidelines from the CDC, here are 8 precautions we will all adhere to this summer. By participating in the LTN program, you agree to abide by these precautions.

#1: Wash your hands often

- Wash your hands often with soap and water *for at least 20 seconds*, especially after you have been in a public place or after blowing your nose, coughing, or sneezing. (For proper handwashing technique, see this video: <https://youtu.be/d914EnpU4Fo>) Any time you enter a building (ie - your service site, your house, the LTN office, etc), the first thing you should do is wash your hands. It is also recommended to wash your hands before eating - this helps avoid not just COVID but many other illnesses.
- If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol. (Love Thy Neighborhood will provide hand sanitizer for each intern, be sure to carry this with you at all times. If need to refill your travel size sanitizer bottle please let us know. We have large gallon sized sanitizer at the office that you will refill your travel sized container.) Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Washing your hands is THE BEST method for killing germs on your hands. Hand sanitizer should only be used when there is not access to a sink and soap.
- We know handwashing will get tedious. Make it fun by singing one of these 20 second songs or make up your own!
<https://www.today.com/health/songs-sing-while-washing-hands-coronavirus-hand-washing-songs-t175755>

#2: Observe Social Distancing regulations

- Avoid close contact with people. If possible, maintain 6 feet (2 arm lengths) between you and the other person. Social distancing does not need to be strictly maintained with healthy members of your own household. This is mainly for interactions with anyone who does not live in your house.
- Do not gather in groups (more than 10 people).
- Stay out of crowded places and avoid mass gatherings.
- Do NOT come in contact with anyone you know to be sick.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick. Be conscious and respectful of those who are elderly or have existing health conditions.
- Remember, someone does not need to be showing symptoms to be carrying the virus.
- Have fun testing your social distancing skills with this online game!: <https://martin-jacob.itch.io/can-you-save-the-world>



#3: Cover your mouth and nose with a mask when around others

- Everyone should wear a cloth face cover when they have to go out in public (for example: to the grocery store or to pick up other necessities). Any time you are not in your own home or yard, you should be wearing a mask. Remember, one of the ways the virus spreads is through respiratory droplets. Wearing a mask may look silly or be uncomfortable, but it is one of the best ways we can love our neighbors right now.
- Wash your hands *before* putting on your facemask. Make sure the mask is covering both your mouth and your nose.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is NOT a substitute for social distancing.

- Once you remove your facemask, be careful not to touch your eyes, nose or mouth, and wash your hands *immediately*.
- Face coverings should be cleaned and sterilized by washing them in a washing machine on the hottest setting available. It is ok to wash multiple peoples' masks at the same time. Masks should be worn once and then washed.
- Do NOT use a facemask meant for a healthcare worker (surgical masks or N-95 respirators). Leave that supply for those who need them.
- Cloth face coverings should not be placed on anyone who has trouble breathing, or anyone who is not able to remove the covering without help.
- Cloth face coverings should fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, and allow for breathing without restriction. If you'd like to learn how to make your own facemask, follow these <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



#4: Cover coughs and sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

#5: Clean and disinfect

- Clean AND disinfect frequently touched surfaces **DAILY!** (At a minimum! More frequently is encouraged.) This includes things such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks, hand railings, refrigerator & microwave handles, printer/copier buttons, dressers/closets, washer & dryer buttons.
- It is best to create a cleaning schedule so the same person doesn't get stuck with sanitizing duty each day. For example: rotate through your household and have one person be in charge of sanitizing each day.
- In addition to sanitizing, clean all surfaces routinely (at least once a week). Use detergent or soap and water first, then a household disinfectant. Most common EPA-registered household disinfectants will work.
- Disinfect the restroom each time you leave it, even if you were only using the sink. LTN has provided sanitizing spray and paper towels for all bathrooms. After you use the restroom, please spray down and sanitize all touched surfaces, including but not limited to: light switches, toilet flush, toilet seat, sink faucet, paper towel dispenser, door handle, countertops. When exiting the restroom, use a paper towel with sanitizing solution to open the door and turn off the light switch; then throw the paper towel away.
- After taking out trash/recycling, be sure to disinfect any trash can/recycling bin that remains inside and wash your hands thoroughly.
- Feel free to wear gloves when sanitizing/cleaning. To remove gloves, turn them inside out over your hand to keep the contaminated surface inside. If you do wear gloves you should *still* wash your hands after you remove them.
- Whenever possible it is best to open windows/screen doors in your home to allow for ventilation. This is especially important during cleaning to let out the fumes, but if you can do it more often, please do.

#6: Temperature & Symptom Check

- Before you arrive, we ask that each of you get tested for COVID-19. If you decide to use your days off at any time you will also be required to get tested again.

- Each day before you leave the house, you will be required to take your temperature and record if you have any COVID-19 symptoms (see below for symptoms list). You will log temperature and symptoms in the provided house log.
- Before you return to your house each day, you will be required to take your temperature again and record if you have any COVID-19 symptoms in the log.
- Any time you exit or enter your home, you should be taking your temperature and assessing your symptoms. It may be a good idea to carry a thermometer with you or keep one in a spot by the door of your home.
- Make sure your thermometer is only used by you and kept in a case or ziplock bag. You may also choose to use a disposable thermometer cover when taking your temperature.
- Please sanitize your thermometers daily. If your thermometer goes into your mouth use isopropyl alcohol to sanitize it. If your thermometer is infrared and does not go into your mouth you can use a sanitizing spray or wipes.
- In the event that you have a fever of 100.5 or greater OR develop ANY symptoms related to COVID-19, you will be required to stay home from your service site, quarantine and seek medical attention (telehealth when possible) if needed.
- Be sure that you are familiar with the symptoms of COVID-19, as well as which symptoms require emergency care and when to call 911. It is also a good idea to make sure you know how to set up a telehealth visit with your doctor. You don't want to have to figure it out when you don't feel well! Contact your health insurance company before your arrival for a list of in-network locations in Louisville if you should need a doctor. Shawnee Christian Health Clinic provides a sliding scale for payment.

Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Some can even be asymptomatic (show no symptoms). Symptoms may appear 2-14 days after exposure to the virus. The following symptoms are some of the more commonly reported:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This is not an exhaustive list of possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

If you're unsure, a COVID-19 Self-Checker can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#>

When to Seek Emergency Medical Attention

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Again, this list is not an exhaustive list. Please call your medical provider for any other symptoms that are severe or concerning to you.

If you need to, Call 911 or call ahead to your local emergency facility; notify the operator that you are seeking care for someone who has or may have COVID-19.

#7: Observe House Rules

We ask that you DO NOT allow others outside your household to enter your home. This includes other team mates from other households, volunteers, friends, family, etc. Think of your home as its own ecosystem; you want to prevent anything from coming in to disrupt your ecosystem as much as possible. (LTN staff will only enter your home if it is *absolutely* necessary. We will use virtual communications and check-ins via phone or video chat as needed.) Some alternatives would be do a video tour of your home with family/friends, if a neighbor stops by talk with them on the porch or sidewalk or take a walk with your neighbor & a teammate.

While we ask that you maintain your home as its own ecosystem, know that it is a fragile ecosystem. As such, there are particular guidelines from the CDC that we ask you all to follow while in your home:

General House Guidelines

- We ask that you maintain as much physical distance as possible with those in your home for the first 2 weeks and if you have to do any travel.

- Assigned seating is best. When sitting at the table, try to sit at the same spot each time if possible. Also when sitting in a common area, such as the living room, it is best to sit in the same spot as well. Linen furniture like most sofas & chairs are extremely difficult if not impossible to disinfect.
- Please DO NOT go into other people's bedrooms or sit on someone else's bed. While we are sleeping, we cough, sneeze and drool, and all of those can be ways to transmit COVID-19. Also because mattresses are very difficult if not impossible to sanitize, we ask that each of you stick to your own bedroom.
- DO NOT leave out used tissues or set them on any surface or in your pocket; dispose immediately.

Kitchen

- When you leave you must wash ALL dishes. You cannot leave any dirty dishes, food, drink, container or bag sitting out. Wash dishes immediately or put them in the dishwasher immediately.
- Avoid sharing food off others plates or others drinks. This does not include team dinners. When you are enjoying team dinners together be sure to use 1 utensil for serving and separate utensils for eating.
- Do not share dishes, drinking glasses, cups, or eating utensils when eating. Please do not use a dish multiple times without washing. Use a dish only once and then wash it. Each intern does not need their own set of dishes. Dishes are fine to be washed together. Use the hottest setting on the dishwasher or hottest water possible. Wash hands after handling dishes.
- Please keep the fridge clean & sanitized, especially the handle and any often used items.
- At this time coffee will most likely not be provided at service sites, so be sure to bring your own coffee into your service site if you want it :)

Bathroom

- If at all possible, it is best to leave a 15 minute gap between each person that enters the restroom. Please close the toilet seat lid before you flush. Toilets spray particles into the air that can remain suspended for up to 15 minutes.

Laundry

- Clothes and masks can be washed together as long as they are washed on the hottest setting available.

#8: Running Errands

We ask that you limit errands as much as you can. Team members should leave only when absolutely necessary (ie - for groceries, gas, etc).

When you do need to go out, please observe the following:

- Keep disinfectant wipes or disinfectant spray & paper towels in your car at all times, as well as hand sanitizer. If you have access to them, keeping disposable gloves or reusable/washable gloves in your car is also very helpful.
- On a weekly basis please make a habit of sanitizing car handles, any buttons (window, lock, stereo, etc.), seatbelts or any other highly touched surface in your vehicle.
- If you are sick, STAY HOME! - DO NOT go out if you have *any* illness or *any* COVID-19 symptoms.
- If possible, designate 1 or 2 team members in your household to be the errand runners. These same people will keep this role the entire time.
- If you are at higher risk for severe illness, avoid running errands; let your teammates love you well by running the errands for you.
- DO NOT use public transportation, such as taxi or bus.
- DO NOT ride in a car with team members *of different households*. If that is unavoidable:
 - Limit close contact and create space between others in the vehicle.
 - Improve air flow in the car by opening the window or placing air conditioning on non-recirculation mode.

Groceries

Order online or use curbside pickup when possible. Kroger is currently offering FREE curbside grocery pick-up. Please make use of this whenever possible. Pick-up or delivery will limit your potential exposure to others and the COVID-19 virus.

If you do need to go to the grocery store, please observe safe shopping etiquette:

- Stay at least 6 feet away from others while shopping and in lines.
- Cover your mouth and nose with a cloth face covering at all times.

- Try your best to go during hours when fewer people will be there (for example, early morning or late night).
- Disinfect the shopping cart. Use disinfecting wipes or spray and a paper towel (which should be in your car!).
- Avoid touching your eyes, nose or mouth.
- If possible, use touchless payment. If you must handle money, a card, or use a keypad, use hand sanitizer right after paying and disinfect your card.
- After leaving the store and before entering your vehicle, use hand sanitizer.
- Wash your hands immediately after you return home.

Once you get home with your groceries, observe food safety etiquette:

- Carefully remove your mask and wash your hands with soap and water for at least 20 seconds AFTER the groceries are put away.
- It may be possible that a person can get COVID-19 by touching a surface or object, like a packaging container that has the virus on it, and then touching their own mouth, nose or possibly their eyes, but this is not thought to be the main way the virus spreads. There is currently no evidence that food or food packaging play a significant role in spreading the virus in the United States. **That said it is never a bad idea to spray down and disinfect your grocery packing.*
- Before preparing or eating food it is important to always wash your hands with soap and water for at least 20 seconds for general food safety.
- After you are finished putting away groceries be sure to thoroughly clean and disinfect all kitchen surfaces and wash your hands with soap and water for at least 20 seconds.

Accepting deliveries and takeout orders

- Limit in person contact - Pay online or on the phone when you order (if possible).
- Ask for deliveries to be left in a safe spot outside your house (porch or side yard). If that is not possible, stay at least 6 feet away from the delivery person and/or wear a mask.
- Wash your hands/use hand sanitizer after accepting deliveries or collecting mail - wash your hands with soap and water for 20 seconds. It is also a good idea to include the cleaning and sanitizing of the mailbox in your daily cleanings.

Banking

- Bank online whenever possible.
- If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keyboard with a disinfecting wipe or disinfecting spray & paper towel (which should be in your car!) before you use it. Decline a paper receipt, if possible.
- When you are done, use a hand sanitizer with at least 60% alcohol and disinfect your card.
- Wash your hands with soap and water for at least 20 seconds when you get home.

Getting Gasoline

- Use disinfecting wipes on handles and buttons before you touch them.
- After fueling, use a hand sanitizer with at least 60% alcohol and disinfect your card, if used.
- Wash your hands for at least 20 seconds when you get home with soap and water.

Going to the Doctor/Picking Up Prescriptions

- Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- Talk to your doctor about rescheduling procedures that are not urgently needed.

If you must visit in-person, please observe the following:

- If you think you have COVID-19, notify the doctor or healthcare provider before your visit and follow their instructions.
- Cover your mouth and nose with a cloth face covering when you have to go out in public.
- Do not touch your eyes, nose, or mouth.
- Stay at least 6 feet away from others while inside and in lines.
- When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check and disinfect your card. Wash your hands with soap and water for at least 20 seconds when you get home.

Limit in-person visits to the pharmacy

- Plan to order and pick up all your prescriptions at the same time.
- If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order or other delivery services.
- Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.

3. Quarantine & Isolation – What’s the Difference?

Quarantine

Quarantine is used to keep someone who might have been *exposed* to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Isolation

Isolation is used to separate people infected with the virus (those with a *confirmed* case of COVID-19) from people who are not infected. People who are in isolation will stay in the designated COVID-19 apartment until it is safe for them to be around others. Anyone with a confirmed case of COVID-19, with or without symptoms, will immediately separate themselves from others by relocating to the designated COVID-19 apartment. We have 2 designated COVID-19 apartments, 1 for males and 1 for females. Stay in that apartment and away from other people. Only use the bathroom in that apartment. The only reason you should leave that apartment is for medical care. If you do need to go out, WEAR A MASK!

How do I know if I need to be in isolation or quarantine?

If you...	Steps to take
If you live in a community where COVID-19 is or might be spreading (currently, that is virtually everywhere in the United States)	<ul style="list-style-type: none">● Watch Your Health● Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.● Take your temperature if symptoms develop.● Practice social distancing. Maintain 6 feet of distance from others, and stay out of crowded places.● Follow CDC guidance if symptoms develop.
If you feel healthy but: <ul style="list-style-type: none">● Recently had close contact with a person with COVID-19	Quarantine! Stay Home and Monitor Your Health <ul style="list-style-type: none">● Stay home until 14 days after your last exposure.● Check your temperature twice a day and watch for symptoms of COVID-19.● If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.
If you: <ul style="list-style-type: none">● Have been diagnosed with COVID-19 or● Are waiting for test results or	Isolation! Isolate Yourself from Others

<ul style="list-style-type: none"> • Have cough, fever, or shortness of breath, or other symptoms of COVID-19 	<ul style="list-style-type: none"> • Immediately relocate to our designated COVID-19 isolation apartment. • Read information below about caring for yourself or someone else who is sick, including when it's safe to end home isolation.
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4. What To Do for a Suspected Case of COVID-19

If you or a teammate in your household suspects they have COVID-19, do the following:

- Notify the Program Director *immediately!*
- If you have a known exposure to COVID AND have symptoms go to the COVID apartment immediately. If you suspect you are sick but no known exposure or symptoms quarantine yourself in your bedroom until you can seek medical attention.
- Have the person seek advice by telephone from a healthcare provider to determine whether medical evaluation is needed.
- Minimize the number of people who have face-to-face interactions with the person who has suspected COVID-19. (Those at higher risk of severe illness from COVID-19 should not have close contact with the person who has suspected COVID-19, if possible.)
- Be prepared for the potential need to transport person(s) with suspected COVID-19 for testing or non-urgent medical care. DO NOT use public transportation, ride-sharing, or taxis. Both the driver and sick person should wear a mask and sit as far apart as possible with windows open or a/c on non recirculating air.
- If you do transport a sick person, thoroughly clean and disinfect your vehicle.

5. What To Do for a Confirmed Case of COVID-19

If you or a teammate in your household receives a positive diagnosis for COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community:

- Relocate to the designated isolation apartment *immediately!* You don't need to wear a cloth face covering if you are *alone* in the COVID-19 apartment.
- Please inform the Program Director! We will then work with the local health department to notify anyone who may have been exposed (for contact tracing) while maintaining the

confidentiality of the sick person as required by the Americans with Disabilities Act (ADA) and, if applicable, the Health Insurance Portability and Accountability Act (HIPAA).

- Let your Service Site know of your diagnosis and absence.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better. Contact a teammate to get you something if you are in need.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs or if you think it is an emergency.
- Housemates and anyone who has been in close contact (i.e., less than 6 feet) with the COVID-19 positive diagnosis should monitor their health and call their healthcare provider if they develop symptoms suggestive of COVID-19. If you do develop symptoms, self quarantine immediately– limit use of shared spaces as much as possible.
- Minimize the number of people who have face-to-face interactions with the teammate who has confirmed COVID-19. The designated isolation apartment is only for those with a confirmed case of COVID-19. Those *without* a COVID-19 diagnosis are not allowed into the isolation apartment, unless in case of an emergency.
- If someone in the household is diagnosed with COVID, the household will designate one other person to be their main point of contact. This point of contact will be responsible to check in on them daily, find out about their physical and emotional needs, encourage them, and help them find medical care if needed. Check-in can be done via phone or computer, not in person.
- Be prepared for the potential need to transport person(s) with confirmed COVID-19 for re-testing or non-urgent medical care. DO NOT use public transportation, ride-sharing, or taxis. Both the driver and sick person should wear a mask and sit as far apart as possible with windows open or a/c on non recirculating air.
- If you do transport a sick person, thoroughly clean and disinfect your vehicle.

If you get COVID-19, monitor your symptoms!

Symptoms of COVID-19 include fever, cough, and shortness of breath, but other symptoms may be present as well. Trouble breathing is a more serious symptom that means you should get emergency medical attention. Follow care instructions from your healthcare provider and local health department. The Kentucky Department of Health will give instructions on checking your symptoms and reporting information.

****Make sure you are familiar with the emergency warning signs of COVID-19! (This is found under “Temperature & Symptom Check” in Section 2.) If you develop any of these or other symptoms that feel urgent to you, seek medical help immediately!**

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

6. How & When to Stop Isolation

More Info: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

Teammates with COVID-19 who have stayed in the designated COVID-19 apartment can return home under the following conditions**:

- **If they have *not* had a test to determine if they are still contagious**, they can return to their household after these three things have happened:
 - They have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
AND
 - other symptoms have improved (for example, symptoms of cough or shortness of breath have improved)
AND
 - at least 10 days have passed since their symptoms first appeared
- **If they *have* had a test to determine if they are still contagious**, they can return to their household after these three things have happened:
 - They no longer have a fever (without the use of medicine that reduces fevers)
AND
 - other symptoms have improved (for example, symptoms of cough or shortness of breath have improved)
AND
 - they have received two negative tests in a row, at least 24 hours apart.

Teammates who DID NOT have COVID-19 symptoms, but tested positive and have stayed in the COVID-19 isolation apartment can return home under the following conditions**:

- **If they have *not* had a test to determine if they are still contagious**, they can return to their household after these two things have happened:
 - At least 10 days have passed since the date of their first positive test
AND
 - they continue to have no symptoms (no cough or shortness of breath) since the test.
- **If they *have* had a test to determine if they are still contagious**, they can return to their household after:
 - They have received two negative tests in a row, at least 24 hours apart.

***In all cases, follow the guidance of your doctor and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local*

health departments. Some people, for example those with conditions that weaken their immune system, might continue to shed virus even after they recover.