Home Quarantine Instructions

March 15, 2020

Denver Health is here to help you stay informed and to support the Denver community.

For general questions: CO Help Line 1-877-462-2911 or 303-389-1687
If you are ill: Denver Health Nurse Line 303-739-1211

What to do if you or a family member need to home quarantine:

Do not be around people or go to public places.

You should not go to public places, except to get medical care. Do not go to the emergency room unless you have an emergency. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing or taxis. 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 in your home. Use a separate bathroom, if available. If you have school-aged children at home, they should not go to school. Preschoolers, toddlers, and infants should not go to daycare.

Do not have unnecessary visitors at your home.

Other adults in the household should monitor for symptoms. They should also contact their work supervisors and inform them of the exposure. Household contacts who develop fever or respiratory symptoms should initiate home quarantine if not ill enough to require medical attention.

You should not have contact with pets and other animals while you are sick with COVID-19. Although there have been no reports of pets or other animals becoming sick with COVID-19, it is still recommended that people who are infected limit contact with animals until more information is known about the virus.

Call ahead before visiting your doctor.

Cancel your non-urgent medical appointments. If you require a medical appointment, call your health care provider's office and tell them that you have coronavirus (COVID-19). This will help them take steps to keep other people from getting exposed or infected.

Wear a facemask.

You should wear a facemask when you are around other people or pets, including when you share a room or a vehicle. You should also wear a mask before entering a health care provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

If you feel sick, call the Denver Health Nurse Line 303-739-1211.

Cover your coughs and sneezes.

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a trash bag if possible. Then, wash your hands with soap and water for at least 20 seconds. If soap and water are not available, wash your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Wash your hands often.

Wash your hands often with soap and water for at least 20 seconds. Handwashing is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer, wiping all surfaces of your hands and rubbing them together until they feel dry.

Washing with soap and water is the best option if your hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean "high-touch" surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or sanitizing wipe according to the instructions on the label.

Monitor your symptoms.

Call your doctor's office right away if you are getting worse (e.g., difficulty breathing, confusion). Make sure you tell them that you are under quarantine for COVID-19. Put on a facemask before you enter the facility. These steps will help the health care provider's office to keep other people in the office or waiting room from getting exposed or infected.

If you have a medical emergency and need to call 911, notify the dispatcher that you are under quarantine for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Stay in quarantine.

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of spreading it to others is low. Stay in home quarantine for at least seven days after you became sick _**or**_ until you have had no symptoms for at least three days, whichever is longer.

If you feel sick, call the Denver Health Nurse Line 303-739-1211.