

FREQUENTLY ASKED QUESTIONS ABOUT AT-HOME ISOLATION

WHEN IS ISOLATION REQUIRED?

Isolation is required when your COVID – 19 test comes back positive.

WHAT DOES AT-HOME ISOLATION MEAN?

At-home isolation means that the positive person is deciding to isolate in their house instead of offsite at another facility.

WHY SHOULD I ISOLATE?

To reduce the spread of COVID-19. When you are positive for COVID-19 you can spread the virus for a minimum of 13 days and up to 23 days with a certain health history. The virus has what is called a “shedding period,” where people who are positive are contagious. The “shedding period” starts three days before the onset of symptoms and can last 10-20 days once someone is symptomatic, depending on their health history.

HOW LONG IS ISOLATION?

The duration of isolation is dependent upon the positive persons health history and symptoms.

Typically, someone is in isolation for 10 days after the onset of their symptoms. Or if they are asymptomatic (have no symptoms) 10 days from their test date.

This timeline can vary if the positive persons symptoms are worsening and/or their health history requires monitoring beyond the 10 days to ensure the person is not contagious (“shedding”) and is healthy enough that monitoring is no longer required.

HOW LONG WILL COVID-19 AFFECT ME?

The long-term impacts of COVID-19 are still unknown. However, there has been multiple cases where a positive person has experienced symptoms even after being released from isolation. You can be symptomatic and released from isolation, as you will no longer as you are no longer in your “shedding” period.

You can also get a positive test back for up to 3 months after being positive. Therefore we do not require a negative test to be released from isolation.

CAN I LEAVE MY HOUSE FOR ANYTHING DURING AT-HOME ISOLATION?

The only thing you can leave your house for is medical attention. If you need to see a doctor, please call before arriving and indicate you are COVID – 19 positives and follow all directives from your provider.

WATCH FOR EMERGENCY SIGNS. Call 9-1-1 if the sick person has:

- Trouble breathing
- Constant pain or pressure in the chest
- Unusual feelings of confusion or not able to respond

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- Lips or face have a blue or purple tint
- Severe constant dizziness or lightheadedness
- Slurred speech (new or worsening)
- Inability to wake or stay awake

CAN PEOPLE COME VISIT US WHILE IN ISOLATION?

No, you should not have any guest while in isolation. As a positive case, you can spread the virus very easily to anyone who visits. To mitigate spread, please call them on the phone or do video chats.

IF ME AND MY FAMILY HAVE TO ISOLATE, CAN THEY GET INFECTED?

Yes, if they are already not infected.

It is important you prepare you house for isolation by following these steps:

1. If possible, separate the positive case into their own room. As much as possible, stay in that space away from the others in your family. Do not clean that space until the person is no longer sick and do so with gloves on. If not possible clean surfaces daily and frequently.
 - a. If not possible, everyone in the house will have to quarantine for an ADDITIONAL 14 days after the positive person is released from isolation.
2. If possible, have the positive case use a separate bathroom from others. If possible, do not clean that bathroom until the person in no longer sick and do so with gloves on.
 - a. If not clean bathroom surfaces (including counters, toilet, toilet handle, door knobs, light switches, shower if used, etc.) every time after the positive case uses the facilities.
3. Restrict contact with your pets or animals while confirmed positive. Your animals cannot get COVID-19, however animals can spread the disease to others, as the disease can live on surfaces for 3 full days (pets fur, etc.). So if you do contact your pet, wash your hands before and after and practice good hygiene when around pets.

For more information on how to prepare your home for isolation see our "How to Prepare Your Home for At-Home Isolation" document.

WAIT, HOW DO I GET FOOD?

Food boxes will be delivered to your house every two weeks while in isolation. They will be delivered until you are cleared to move out of isolation.

WHAT ABOUT MY MEDICATIONS?

If your primary providers is RSHC, they will fill your prescriptions and deliver medications to the villages of Taholah (including Q-Village) and Queets. If your primary provider is not RSHC, please contact your primary provider for a refill. If possible have a family member pick up your

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medications and drop them off to your door (they should not enter). If not possible, ICT will work with you for medication delivery.

WHAT IF I DON'T HAVE CLEANING SUPPLIES?

Every household in at-home quarantine status will receive cleaning supplies, trash bags and thermometers.

WHY ARE YOU PROVIDING ME TRASH BAGS?

While in quarantine all trash must be put into a trash bag and completely sealed before being picked up by sanitation workers. No individual or loose trash should be put into your trash barrel, from any family member while the house is on quarantine. This is for all trash that gets picked up by sanitation workers.

MORE ABOUT DAILY MONITORING CALLS:

Unfortunately, there has been a global trend of people who are in at-home isolation dying in their houses because they did not seek medical attention when their symptoms progressed.

QINs response to that is to have someone call you daily to check-in on how you are doing. A nurse will call you daily for these check-ins.

If you are seeking medical advice please call 9-1-1 immediately.

The objectives of monitoring are:

- Assure isolated individuals understand when and how to seek medical care.
- Identify needs for behavioral health care and connect individuals to telehealth options.
- Identify other needs.

ADDITIONAL THINGS YOU SHOULD DO:

- Cover your coughs and sneezes with a tissue if possible or use the inside of your elbow
- Washing your hands often with soap and warm water for at least 20 seconds
- Clean all high-touch surfaces frequently: counters, door knobs, light switches, phones, key boards, remote controller, fridge handles, etc.
- Self-monitor your symptoms – seek immediate medical attention immediately if you have difficulty breathing.

ADDITIONAL THINGS YOU SHOULD NOT DO:

- Share personal household items: drinking glass, cups, dishes, eating utensils, towels, bedding, etc.

HOW DO I GET RELEASED FROM AT-HOME ISOLATION?

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The only way to get released from at-home isolation is to be released by the nurse who is conducting daily calls.