

COVID-19: Someone in my family is sick - What do we do?

Here's What They Do - ISOLATE AT HOME

Isolation is used to separate people infected with a virus from people who are not infected. If a family member is sick and you think or know that they have COVID-19, ISOLATION keeps them away from others, even in your own home.

They should:

- **Stay home away from others until after:**
 - No fever for 24 hours without the use of medicine that reduces fevers and
 - Other symptoms have improved and
 - At least 10 days have passed since symptoms first appeared
- **Stay in a specific "sick room" or area as much as possible and away from other people or animals, including pets. Use a separate bathroom, if available**
- **Rest, stay hydrated/drink fluids, take over-the-counter medicines to help feel better, as needed**
- **Continue to practice the following:**
 - Wear a [mask](#) in the presence of others, when physical distancing can't happen
 - Cover coughs and sneezes with a tissue or elbow
 - Wash their hands often with soap and warm water for at least 20 seconds
 - Avoid touching their eyes, nose, and mouth
 - Avoid sharing household items, such as dishes, cups, eating utensils, and bedding
 - Monitor symptoms and seek medical care if the illness or symptoms worsen
 - Before going to the physician or an urgent care facility, please call ahead and tell them the family member has, or is being evaluated for, COVID-19
- **Follow guidance in ADHS ['Release from Isolation' Guidance](#)**

Here's What You Do - QUARANTINE AT HOME

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. If a family member has COVID-19 or you are taking care of someone in your home who is sick with COVID-19, you should:

- **Stay home away from others until after:**
 - At least 14 days after the person with COVID-19 is no longer isolating themselves
 - Do not go to school or work
 - Contact your supervisor, employer or HR department regarding your situation, if applicable
 - Practice physical distancing (6 feet) as much as possible within your household
 - Avoid having visitors to your home
- **Continue to practice the following:**
 - Check your temperature twice a day and watch for symptoms of COVID-19
 - Wear a [mask](#) in the presence of others, even in your own home, when physical distancing (at least 6 feet) can't happen
 - Cover coughs and sneezes with a tissue or elbow
 - Wash your hands often with soap and warm water for at least 20 seconds
 - Avoid touching your eyes, nose, and mouth
 - Clean and disinfect frequently touched surfaces daily
 - Avoid sharing household items, such as dishes, cups/glasses, silverware, towels and bedding and electronics (like a cell phone) with the family member who is sick
- **Follow directions from your state or local health department**
- **Follow CDC guidance to [protect yourself when caring for someone who is sick](#)**

