



WHAT DOES ISOLATION MEAN?

A diagnosis of COVID-19 triggers isolation.

Isolation is for those who are already sick and keeps the infected away from healthy people in order to stop the spread of the virus.

If your doctor or someone from your health department tells you that you need to ISOLATE, this is what you should do:

- 1. Stay in a separate part of your home or at least 6 feet away from other people in your home, at all times while you are sick if possible.**
- 2. Wash your hands often, with soap and water, for 20 seconds each time you wash them.**
- 3. Don't have any people visit you.**
- 4. Don't share towels, silverware, cups, bowls, or plates with anyone else in your home.**
- 5. Stay home for as long as your doctor or health department tells you to, unless you have a health emergency - then call ahead before you go to the doctor or hospital.**

Still have questions?



NALHD 
Nebraska Association of
Local Health Directors

SOUTH HEARTLAND DISTRICT  HEALTH DEPARTMENT

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