



Department of Public Health and Environment

Grace Franklin, Public Health Director

April 1, 2020

Approved by Grace Franklin, Public Health Director and Dr. Sharon Grundy, County Medical Officer.

Quarantine is used to separate people believed to have been exposed, in this case, to COVID-19 in the event they are infected. Quarantine is used so people who had this exposure do not spread the virus. People who are asked to quarantine are to remain home for 14 days from the time of exposure. This means no trips to the post office, grocery store, etc. It also means only brief time outside the home when absolutely necessary, such as letting a dog out. In cases like this it is imperative that the person severely restrict their movement and stay at least 6 feet away from anyone else.

They should contact their healthcare providers if they develop symptoms such as a cough or fever. They should contact 911 if they experience worrisome shortness of breath.

Self-isolation is even more strict than quarantine in that the sick person not only stays home, but is isolated, that is completely separated from all persons in the household who are not sick. If other members of the household are sick, this measure is more like quarantine (see above).

Self-isolation is 14 day from the first day the person has symptoms.

- People who test positive on the PCR Swab tests are to self-isolate for 14 days from when their symptoms first started. This is a Public Health Order.
- People who are sick but have not been swabbed are to self-isolate for 14 days from when their symptom first started. This is a Public Health Recommendation.
- People who test positive on the first or second BLOOD TEST AND have symptoms are ordered to self-isolate for 14 days from the first day of their symptoms. This is a Public Health Order.
- People who test positive on the first or second BLOOD TEST AND DO NOT have symptoms are ordered to quarantine for 14 days from the day of the first positive blood test result. This is a Public Health Order.

It is recommended that everyone in San Miguel County make appropriate plans in the event you or someone in your household gets sick or is exposed to someone who is sick. You should have a two week supply of food, medicine (prescriptions and over-the-counter fever reducers), pet food and other essential items.

If people need assistance with groceries or essentials, please contact TriCounty Health 970-708-7096 or go to tchnetwork.org