

# COVID-19 INFORMATION



## Best Practices with Social Distancing and Self-Monitoring\*

Source: Washtenaw County Health Department, State of Michigan

\*This information is being shared from an outside source as a courtesy to our residents. Peak Campus is not responsible for its contents.

### Social Distancing

- Keep 6 feet of space between people as much as possible
- Avoid places at their busiest times
- Use online, drive-through or curbside services when possible
- Avoid getting together in large social groups
- If possible, businesses should have employee tele-commute, provide online options and limit in-person meetings

### Self-monitoring

- Practice social distancing
- Take and record temperature twice a day, once in the morning and once in the evening
- Report any temperature of 100.4 °F or above to your doctor
- Report any onset of respiratory illness to your doctor. These include:
  1. Cough
  2. Shortness of breath or difficulty breathing
  3. Chest pain
  4. Additionally, you could experience sore throat, muscle aches, chills, headache, abdominal pain, nausea, vomiting or diarrhea
- If you need medical care, call ahead to your doctor
- Household members should practice social distancing
- If/once you develop symptoms of illness you will move into Self-Isolation

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## Self-quarantine

- Under no circumstance should you go to work, school or public places. You should only consider leaving your home if you need medical attention
  - Avoid using public transportation to get to your medical provider or emergency department. Do not use busses, Uber, Lyft, taxi cabs or rail lines
  - Wear a mask over your nose and mouth if you must leave your house to seek medical care
- Take and record temperature twice a day, once in the morning and once in the evening
- Report any temperature of 100.4 °F or above to your doctor
- Report any onset of respiratory illness to your doctor. These include:
  - Cough
  - Shortness of breath or difficulty breathing
  - Chest pain
  - Additionally, you could experience sore throat, muscle aches, chills, headache, abdominal pain, nausea, vomiting or diarrhea
- If you need medical care, call ahead to your doctor
- Minimize contact with others in your home when possible
- Do not share items with your household members or pets such as dishes, drinking cups, silverware, towels or bedding. After using these items, they should be washed with soap and hot water
- Cover your coughs and sneezes with a disposable tissue or the upper part of your sleeve. Dispose of tissues in a lined trash can. Wash your hand immediately afterward
- Wash your hands frequently with soap and water for at least 20 seconds. This includes after using the restroom, coughing or sneezing, or when they are visibly dirty. If you do not have access to soap and water, use a hand sanitizer with 60% - 95% alcohol
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean your frequently used surfaces with a solution of ¼ cup bleach to a gallon of water or disinfectant sprays or wipes daily. This includes “high-touch” surfaces such as phones, tablets, keyboards, doorknobs, bathroom

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fixtures, toilets, counters, tabletops and bedside tables. Wear rubber gloves if necessary and make sure the area is properly ventilated

- Household members should practice self-monitoring
- If/once you develop symptoms of illness you will move into Self-Isolation

## Self-Isolation

- Under no circumstance should you go to work, school or public places. You should only consider leaving your home if you need medical attention
  - Avoid using public transportation to get to your medical provider or emergency department. Do not use busses, Uber, Lyft, taxi cabs or rail lines
  - Wear a mask over your nose and mouth if you must leave your house to seek medical care
- Avoid handling pets or other animals while you are sick
- Cover your coughs and sneezes with a disposable tissue or the upper part of your sleeve. Dispose of tissues in a lined trash can. Wash your hands immediately afterward
- Wash your hands frequently with soap and water for at least 20 seconds. This includes after using the restroom, coughing or sneezing, or when they are visibly dirty. If you do not have access to soap and water, use a hand sanitizer with 60% - 95% alcohol
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean your frequently used surfaces with a solution of ¼ cup bleach to a gallon of water or disinfectant sprays or wipes daily. This includes “high-touch” surfaces such as phones, tablets, keyboards, doorknobs, bathroom fixtures, toilets, counters, tabletops and bedside tables. Wear rubber gloves if necessary and make sure the area is properly ventilated
- Clean any item or surface that may have blood, mucus, vomit, urine, stool or other body fluids on them
- Make sure your home has good airflow, open windows if weather permits or use the air conditioner

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## If you live with others:

- Separate yourself from other household members and pets whenever possible.
  - You should stay in a specific room and away from other household members
- Use a separate bathroom if possible
  - If you must share a bathroom wipe down all surfaces after the patient uses it
  - If you share a shower, do not share razors, washcloths or body sponges/poufs
  - Keep toothbrushes separate, avoiding letting the bristles touch
- If you must enter a shared space put a mask over your nose and mouth before leaving your room
  - Do not share items with your household members or pets such as dishes, drinking cups, silverware, towels or bedding. After using these items, they should be washed with soap and hot water
  - Household members should practice Self-quarantine

## If you live alone, do not open your door to anyone

- If someone is dropping off groceries or other items for you, have them leave it at your doorstep and wait until they leave to open the door.
- Do not cook food for anyone other than yourself

## When Seeking Care at a Health Care Facility

- Call ahead to get direction from your health care provider. They may ask you to meet them outside or usher you into a different entrance than the general public uses
- Avoid using public transportation to get to your medical provider or emergency department. Do not use busses, Uber, Lyft, taxi cabs or rail lines.
- If you are unable to drive yourself and do not have a ride, call 9-1-1 for transport by ambulance
- If someone is giving you a ride, wear a mask that covers your mouth and nose while you are in the vehicle with them
- If you are driving yourself, apply a mask that covers your mouth and nose before exiting your vehicle.