

Coronavirus Disease 2019 (COVID-19) Self-Quarantine Guide

The City of King Cove request that persons traveling into King Cove quarantine themselves for no less than 14 days.

1. Take your temperature with a thermometer at least two times a day and watch for cough or difficulty breathing.
2. Stay home from school and work.
3. Have someone grocery shop for you
4. Employees: Discuss your work situation with your employer before returning to work.
5. Try not to have any visitors to your house during this time. If you have visitors tell them that you are under COVID-19 self-quarantine.
6. Keep your distance from others (about 6 feet or 2 meters).
7. Try and stay away from other family members who may be living in the same home
8. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call the health clinic at 497-2311.

If you have a medical emergency, call 911. Tell them your symptoms and that you are doing self quarantine.

How to self-monitor:

Step 1 Do health checks every morning and every night or anytime you feel like you might have a fever:

- Take your temperature and/or that of family members who are being monitored and cannot do so themselves.
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or shortness of breath.
- Write your temperature and any symptoms in the log.
- Family members who are not being monitored, do not need to record symptoms.

Step 2 If the health department asks you to report your temperature and any symptoms, follow their instructions.

Step 3 If you have fever, cough, or shortness of breath:

1. Do not go out in public.
2. Call the health clinic at 497-2311. Tell them you are under COVID-19 quarantine.

3. Seek medical advice – call ahead before you go to the clinic or emergency room. Tell them you are under COVID-19 quarantine and about your symptoms, and guidance received from the health department.
4. Avoid contact with others.
5. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
6. Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.

If you follow these steps this can help stop the spread of COVID-19/Coronavirus in our community.