



## PSA

**Date:** May 15, 2020  
**To:** All Media  
**From:** Stephanie Krell, PIO Unified Command  
**Subject:** **Home Isolation Checklist for presumptive, suspect, or confirmed cases of COVID-19**

---

- Does the individual have access to:
  - A separate room?
  - A separate bathroom?
  
- Do any high-risk individuals live in the household? (**See High Risk List**)
  - If yes, can they stay elsewhere?
  
- Does the individual have children?
  - Do they need childcare?
  
- Does the individual need a caregiver for themselves?
  - **Caring for Someone Sick at Home**
  
- Are there adequate supplies & protective equipment?
  - **Cleaning and Disinfecting Your Home**
  - Cleaning supplies effective against novel coronavirus? (**See EPA-registered disinfectants**)
  - Facemask
  - Hand sanitizer (70% alcohol based)
  - Gloves (disposable)
  
- Are there adequate supplies to monitor & relieve symptoms?
  - **Temperature Log**
  - Thermometer
  - Over-the-counter medications to relieve symptoms

- Does the individual have adequate supplies of food & water?
  - Food
  - Water
  - Access to someone who can bring groceries/supplies if needed?
  
- Are there pets in the home?
  - Can someone else temporarily care for the pet(s)?
  - How to care for pets while limiting their risk of exposure (**See If You Have Pets**)

\*If a patient cannot isolate themselves safely & effectively based on your clinical judgement, please call your primary care provider who ordered your COVID-19 test to discuss possible options.

### **High Risk List**

- People 65 years and older
  - People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
- People with chronic lung disease or moderate to severe asthma
  - People who have serious heart conditions
  - People who are immunocompromised
    - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
  - People with severe obesity (body mass index [BMI] of 40 or higher)
  - People with diabetes
  - People with chronic kidney disease undergoing dialysis
  - People with liver disease

### **Caring for Someone Sick at Home**

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

### **Cleaning & Disinfecting Your Home**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

### **EPA-Registered Disinfectants**

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

### **10 things you can do to manage your COVID symptoms at home**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

### **If You Have Pets**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/pets.html>

## Temperature Log

**Name:** \_\_\_\_\_

**Last Day of Quarantine:** \_\_\_\_\_

Day	1		2		3		4		5	
<b>Date</b>										
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature										
Any symptoms?										

Day	6		7		8		9		10	
<b>Date</b>										
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature										
Any symptoms?										

Day	11		12		13		14		Notes:
<b>Date</b>									
	AM	PM	AM	PM	AM	PM	AM	PM	
Temperature									
Any symptoms?									

**Symptom Examples:**

Sore throat, Cough, Fever (>100.4), Chills, Repeated shaking with chills, Muscle pain, Shortness of breath or trouble breathing, Headache, New loss of taste or smell