

RHODE ISLAND DEPARTMENT OF CORRECTIONS

COVID-19: Isolation Guide

If you have tested positive for COVID-19, or have COVID-like symptoms follow these guidelines:

Health Checks

- **Take your temperature** with a thermometer **every morning and every night, and anytime you feel like you might have a fever.**
- **Watch for symptoms** such as fever, respiratory illness (cough, sore throat, runny nose, shortness of breath), mild flu-like illness (fatigue, chills, muscle aches) and/or loss of taste or smell.
- **Write** your temperature and symptoms in a log.

Contact your healthcare provider immediately if you develop worsening of symptoms.

Protect Others

Designate a room for your exclusive use – a bathroom, too, if possible.

- Disinfect every surface you cough on or touch as it could become contaminated with the virus.
- At a minimum, keep your distance (at least 6 feet) from others in your home.

Masks If you must be around other people — in your home, or in a car, because you're on your way to see a doctor (only after you have called) — you should wear a mask and make sure anyone near you is wearing a mask.

Hygiene If you cough or sneeze, you should cover your mouth and nose with a tissue and discard the used tissue in a lined trash can and immediately **wash your hands with soap and water for at least 20 seconds**. Even if you haven't coughed or sneezed, you should **wash your hands frequently**, and avoid touching your eyes, nose and mouth, if you haven't just washed them.

Disinfect Don't share dishes, drinking glasses, cups, eating utensils, towels or bedding with anyone (including your pets). Wash these items after you use them. Countertops, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables are considered "high-touch surfaces" — wipe them often with a household cleanser.

Best Practices

- Stay home unless absolutely necessary!
- Do not take public transportation, taxis or ride-shares
- Do not have any visitors to your house during this time
- If you need to seek medical care for other reasons, call ahead to your healthcare provider and tell them **you are under COVID-19 isolation.**
- If you have a medical emergency, call 911. Tell them your symptoms and that you under COVID-19 **isolation.**