



Shawano-Menominee Counties Health Department

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Recommendations for Completing Self-Quarantine or Isolation

SOME DEFINITIONS TO NOTE:

Sometimes these terms are used interchangeable, so sometimes, they get confused.

Quarantine is done for individuals that may have been exposed to someone ill but may not be currently experiencing any symptoms. Occasionally people without any symptoms can transmit illness.

Isolation is done for individuals who are sick and experiencing symptoms. Isolation may last longer than 14 days depending on severity of the illness.

When should I self-quarantine or self-isolate myself?

- You should complete *self-quarantine* when:
 - You have had to travel within the last 14 days.
 - You have been in contact with someone who was told they were infected within the last 14 days.
 - You have been exposed to someone who is sick within the last 14 days.
- You should complete *self-isolation* when:
 - You have been in quarantine and you start to develop symptoms such as fever, cough, or difficulty breathing.
 - You have been to a health care provider and they told you to remain in isolation.
 - You have been out in the community and start to develop symptoms such as fever, cough, or difficulty breathing.

How do I self-quarantine or self-isolate myself?

Follow these instructions for 14 days of quarantine or while you are sick.

- Stay home. This means do not go to school, work, public areas, or attend large gatherings, such as parties, weddings, meetings, and sporting events. If you believe you need medical care, see the instructions on the next page.
- Do not use public transportation, ride-sharing, or taxis.
- Do not go out to restaurants or have guests over to your house.
- Postpone any travel. If travel is absolutely necessary, you must contact your local health department first for instructions. Please know, if you choose to travel and become ill while you are away, you may not be able to return home using public transport (for example, air travel) until you are well and released from possible isolation by the local public health department.
- Wash your hands often and practice good hygiene.

- Postpone all non-essential medical appointments (for example, dental cleaning, eye exam, routine check-up) until you are out of quarantine. If you have an essential appointment during the quarantine, please call your provider ahead of time and tell them that you traveled or have been exposed to a confirmed case. Your local health department may also be able to help you.
- Consider minimizing contact with people and animals in your home (stay in your own room and, if possible, use your own bathroom). Avoid sharing personal household items such as dishes, towels, and bedding.

How do I monitor myself for symptoms of COVID-19?

For the 14 days after travelling or exposure, you should monitor yourself (watch yourself) for symptoms.

Self-monitoring instructions:

- If possible, take your temperature twice a day with a thermometer. A fever is typically a temperature of 100.4°F or greater. If you do not have a thermometer, symptoms of fever may include feeling unusually hot for no reason, having chills or having the sweats.
- Watch for fever, cough, or trouble breathing.

This link is for an informational sheet that may be used to track any symptoms or fever while you are in self-quarantine.

<https://www.dhs.wisconsin.gov/publications/p02599.pdf>

What should I do if I get a fever, cough, or am having trouble breathing, or need medical care?

- **If you are experiencing MILD or MODERATE symptoms, such as fever, runny nose or cough, do NOT go to the Emergency Room. Call your primary health care provider prior to going to a clinic.** This will ensure that healthcare professionals can prepare in advance should you need to receive testing or treatment. Seeking the most appropriate level of care will help protect the community and minimize exposure to other patients and staff.
- **If you are experiencing SEVERE illness, call your doctor's office immediately or go to the Emergency Room (call ahead and let them know you may have COVID-19 so they can be prepared).**
 - Symptoms of SEVERE illness can include*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face
 - **This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.*
- **If you are experiencing a medical emergency (you cannot breathe) call 911 and tell them if you believe you may have COVID-19.**
- Other notes to remember if going in to see a health care provider:
 - Do not use public transportation, ride-sharing, or taxis.
 - If you have a facemask, wear it if you need to be around other people.
 - Cover your mouth and nose with a tissue when you cough and sneeze.

When can I return to normal activities?

These guidelines are recommended as of 3-19-2020 and may be subject to updates.

- **Quarantine:** If you do not experience any symptoms during the 14 days of quarantine and monitoring, you may return to your normal activities after the 14th day.
- **Isolation:** If you experience symptoms at any time during the 14 days of quarantine, there may be additional requirements before you can return to normal activities.
 - Isolation may be stopped if:
 - You are free of any respiratory symptoms for 72 hours.
 - AND**
 - 7 days has passed since you first experienced symptoms.

Information from Wisconsin Department of Health Services: <https://www.dhs.wisconsin.gov/covid-19/index.htm>

Here are some links to frequently updated sources regarding COVID-19:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.dhs.wisconsin.gov/outbreaks/index.htm>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

If you have additional questions, you may call your local health department.

- Shawano-Menominee Counties Health Department 715-526-4808
- For Tribal members, please contact:
 - Ho-Chunk Health and Wellness Clinic: 715-284-9851
 - Menominee Tribal Clinic: 715-799-3361
 - Stockbridge-Munsee Health and Wellness Center: 715-793-4144