

# Ottawa County Residents COVID-19 Self-Quarantine Guide

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If you are experiencing COVID-19 symptoms, have been identified as being in contact with someone diagnosed with COVID-19 or have returned from a country with a Level 3 Travel Advisory for COVID-19, follow these guidelines for self-quarantine for 14 days from your last potential exposure:

1. Take your temperature with a thermometer at least twice per day. Watch for cough or difficulty breathing.
2. Stay home!
3. Employees: Discuss your work situation with your employer before returning to work. Know your policy!
4. Do not take public transportation, taxis, or ride-shares.
5. Do not 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. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, you may call the Magruder Hospital COVID-19 Hotline at 419-301-4304. A nurse will screen you for symptoms and advise self-monitoring, reporting to the respiratory urgent care, or reporting to the emergency room at the hospital. It is very important that you call this number before reporting to the emergency room.
8. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor.



If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for COVID-19.

## 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 Ottawa County Health Department or Magruder Hospital 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 Ottawa County Health Dept 419-734-6800. Tell them you are under COVID-19 quarantine.
3. Seek medical advice – call ahead before you go to a doctor’s office or emergency room. Tell them you are under COVID-19 quarantine and about your symptoms, and guidance received from the health department. Follow their instructions.
4. Avoid contact with others.
5. Reminder: do not take public transportation, taxis, or ride-shares.
6. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
7. 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.

