



# SELF-CARE WHILE AT AN ISOLATION LOCATION

You have been asked by Public Health — Seattle & King County to stay at a COVID-19 Recovery Location. If you have tested positive for COVID-19, we will follow the recommendations of healthcare professionals for your length of stay.

We truly appreciate your cooperation and your valued contribution to keeping vulnerable members of our community safe.

During this time, we ask that you remain in your unit until healthcare professionals state that you are well. This is required to help with health and public safety as isolation helps slow the spread of infection in the community.

We thank you for allowing us to care for you during this time and for the contribution you are making to the community by staying with us during your recovery from COVID-19. The support team will be available to provide everything you need for your health and wellness during this time. You will receive contact information for the support team to connect with them as needed.



## PLEASE NOTE:

The current guidance is to stay isolated until at least seven days after the onset of symptoms or 72 hours after a fever is gone—whichever is longer. Quarantine lasts for 14 days after exposure to someone with COVID-19. The Department of Public Health Investigator will tell you exactly when your isolation or quarantine can safely end.



## ISOLATION

The separation and restriction of movement of ill people to stop the spread of that illness to others. People in isolation may be cared for in their homes, in hospitals, or at designated health care facilities.



## QUARANTINE

Applies to people who have been exposed to a contagious illness and may be infected but are not yet ill. Separating exposed people and restricting their movements is intended to stop the spread of that illness. Quarantine can be highly effective in protecting the public from disease.

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## USING FACEMASKS DURING YOUR STAY

If Public Health has arranged for you to receive essential medical care, **please put on a face mask** if a provider is coming in your room or if you are being transported for services

Wash your hands thoroughly with soap and water for at least 20 seconds immediately after taking off a facemask and before touching anything else.

## KEEPING SPIRITS UP WHILE UNDER THE CARE OF PUBLIC HEALTH

Being under isolation or quarantine can create anxiety and stress. We have mental and behavioral health specialists available to support you if you are feeling this way. The job of your care team is to **help you to heal quickly**. Here are a few things you can do to support your wellbeing and healing:

Find out what you can about the illness from reliable sources. King County Department of Public Health Updates: <https://www.kingcounty.gov/coronavirus>



- **Talk to others in your support network** about the illness and what you are experiencing. Speak up about what you need and what will help you through this time. Let your supports know what they can do to help you - a daily phone call, jokes, video chat, etc. Having a better understanding of the illness will reduce anxiety.
- **Stay in regular contact** with your Department of Public Health investigator for any medical or mental and behavioral health needs you have. Also stay in contact with your isolation and quarantine support team member for all other needs. These teams will call you at least once a day, and are available via phone if you need their support.
- **Keep up a normal daily routine** as much as safely possible while under the care of Public Health. Help your body heal from this illness by resting, staying hydrated, eating regularly, etc.

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- **Maintain your self care and mindfulness** practices. These may include meditation, reading, paying attention to what you need and are experiencing in the moment, or other practices you enjoy.
- **Think about how you've coped** with difficult situations in the past and reassure yourself that you will cope with this situation too.
- **Exercise as your body feels okay** to do so. Exercise is a proven treatment for stress and depression. Options could include dancing, floor exercises, yoga, jumping jacks, etc. If there is a small item (yoga mat, exercise bands, jump rope, etc.) that you believe would support your health, please let your support team know.
- **If you need to step outside to smoke**, you may do so but please stay directly outside the door of your unit.
- **Family or friends may drop off personal items** for you during your stay. Please notify your care team if someone is coming so the security guard knows to expect them. They will be able to leave items for you but will not be able to visit with you or enter the facility.

### REDUCING BOREDOM WHILE UNDER THE CARE OF PUBLIC HEALTH

Being confined to a COVID-19 Response Location in King County for an extended period of time can cause boredom, stress and conflict.

Here are a few things you can do to support your wellbeing and healing:

- Arrange with your boss to work remotely and/or take sick leave
- Check in with your family and friends as often as you would like via phone.
- Let us know if there are supplies you would like such as coloring books or art supplies.

### WHERE YOU CAN FIND ADDITIONAL HELP

For mental and behavioral health support speak with your care team if you would like additional mental and behavioral health support during your stay:

- Your care team will connect you via telephone with a therapist or clinician who is able to provide a mental/behavioral health assessment, brief counseling, case management, and interpreter services.
- Notify your care team if you would like a behavioral health provider with expertise working with your cultural and/or religious traditions to contact you. In addition, your behavioral health provider has translators on call.

