

November 2020

IMPORTANT INFORMATION FROM THE LAKE CUMBERLAND DISTRICT HEALTH DEPARTMENT

Coronavirus (COVID-19) Quarantine – What does it mean?

During this school year, the COVID-19 pandemic has presented many challenges. Your school and the local and district health department have worked together very closely to develop as many plans and precautions as possible to give students and staff the best chance at in-person learning opportunities. Having said that and due to the increasing numbers of community cases we are experiencing, your student may come in contact with a COVID-19 positive person while at school. This does not automatically mean that your child will become sick, but it does require them to quarantine and watch for signs/symptoms in an effort to limit exposure to other people.

This handout will provide you with valuable information about steps you should take if your student is asked to quarantine, signs and symptoms of COVID-19 and websites you can visit for more information.

Thank you for your cooperation,

Lake Cumberland District Health Department



**LCDHD County Health Centers**

Adair • Casey • Clinton • Cumberland • Green • McCreary • Pulaski • Russell • Taylor • Wayne

Hearing or speech impaired callers: call the Kentucky Relay Service at (800) 648-6056.

Give the communications assistant our phone number to contact us.

**Call (800) 928-4416**



# Coronavirus Disease 2019 (COVID-19) Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

**Stay home** from work, school and away from public places.



As much as possible, **stay in a specific room and away from other people** and pets in your home. Use a separate bathroom, if available.



**Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



**Avoid sharing personal items** with other people in your household, such as dishes, towels and bedding.



If you have a medical appointment, **call the healthcare provider** ahead of time and tell them you have been exposed to COVID-19.



**Clean all surfaces** that are touched often, such as counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



**Take everyday actions** to prevent the spread of germs.

- \*Clean your hands often with soap and water for at least 20 seconds.
- \*Use an alcohol-based hand sanitizer that contains at least 60% alcohol when handwashing isn't available.
- \*Cover your cough/sneeze.
- \*Avoid touching your eyes, nose and mouth.
- \*Practice social distancing. (6 feet away from others)



**Make the best of your time at home** by completing your virtual schoolwork assignments, if you're able.



## Signs and Symptoms:

- Fever (100.4°F)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea / Vomiting
- Diarrhea

**For More Information, visit:**

[www.LCDHD.org](http://www.LCDHD.org)

[kycovid19.ky.gov/](http://kycovid19.ky.gov/)

[cdc.gov](http://cdc.gov)

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.