

SELF-QUARANTINE ALERT, CORONAVIRUS DISEASE 2019 (COVID-19)

Panhandle Public Health District has identified that you may be at risk for COVID-19 due to either being in proximity with a confirmed COVID-19 case or have recently traveled where widespread transmission has been identified <https://wwwnc.cdc.gov/travel/notices>.

PPHD is requesting you self-quarantine (remain under home isolation) for fourteen (14) days. Follow the steps below for the next 14 days to help prevent the disease from harming people in your home and community.

Stay home except to get urgent medical care - You should restrict activities outside your home, except for getting urgent medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis. Monitor your symptoms. Symptoms include: fever, cough and difficulty breathing.

If you have an urgent medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider take steps to keep other people from getting infected or exposed. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Separate yourself from other people - As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. Do not handle pets or other animals while sick.

Avoid sharing personal household items - You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. All used items should be washed thoroughly with soap and water.

Clean your hands often - Wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your coughs and sneezes - Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands.

If you develop any of the symptoms above, please contact PPHD 24/7 at 308-262-5764. Additional information about COVID-19 is available at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

It is very important that you comply with this alert to self-quarantine. Your health and the health of others depends on it. Thank you for your cooperation and help during this public health emergency.

Kim Engel, Director
Panhandle Public Health District

