



## Quarantine/Isolation FAQ

### Quarantine means the following:

- You have been identified as a close contact to a positive case or are sharing space with an infected individual
- Your quarantine is based on your last contact with an individual during their infectious period. If you are sharing space with a sick individual, your quarantine begins when they are no longer infectious (when their isolation is complete)
- Prevent the potential spread of the virus by completing the recommended quarantine time

Pay attention to your community's restrictions, as some quarantine guidelines are stricter than others.

1. Everyone in the home is to remain inside. They can go outside for fresh air as long as they stay more than 6 feet from anyone who is not under the same quarantine restrictions
2. If available, the person/people who has/have traveled should have their own room and their own bathroom. If this is not available, they should not share a bed, dishes, or clothes with anyone
3. If you share a bathroom with other people in the home, wash your hands for 20 seconds with soap and water, and then clean the faucet and toilet handle and door knob, or anything else you have touched on the way out
4. No one in the home should go to the store, washeteria, dump, fuel pumps, water source or places of other errands. The community will need to support them, and they need to call/ask for help
5. Any supplies delivered to the house should be left outside and cleaned by the household members before being brought in
6. Any trash bags from inside should be removed by a community member, who should wash their hands well after handling any trash or containers from a quarantined home
7. Any boxes or containers from inside the quarantine space (water, fuel, etc.) should be left outside and cleaned with a bleach cloth by a gloved and masked community member before being touched, and they should wash their hands well after handling any trash or containers from a quarantined home
8. If you have any concerns or questions, contact your health aides

### Isolation means the following:

- You have tested positive for COVID-19 and are awaiting results, or you have tested positive
- You will be instructed to isolate for 10 days, starting from the onset of symptoms or from the date of your positive test

# NORTON SOUND HEALTH CORPORATION

*Providing quality health services and promoting wellness within our people and environment.*

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- Prevent the spread of the virus by staying away from all other people, including family members. If there is no safe space to isolate in your household, your family members will need to quarantine as well

It works the same as quarantine EXCEPT you should not come in contact with anyone unless you need medical care

1. You cannot have any visitors or leave your space for any reason except for medical care
2. If you are in isolation and you think you need medical care, you should call the Nurse Call Line (443-6411 or 844-586-8773) or your local clinic
3. The community will need to support all your needs, including food
4. Most people with COVID-19 will be able to get better in about 14 days
5. Your village is working on locations to house people as they get better



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