Getting Ready to Self-Isolate?

Check out the tips we put together for you to ease the boredom, pass the time, and maintain sanity. Making a “Isolation” kit with some basics supplies for your house now can help a lot in the case you or someone in your family has to avoid contact for an extended amount of time. Remember - we only stop the pandemic if we stop the spread. So be responsible and avoid contact with people and pets.

Want More Information? - Inquire @ jconradcovid19@gmail.com
Self-Isolating Tips

You **must isolate yourself** from others if you have COVID-19 symptoms, tested positive, or were exposed to someone who was. If symptoms become severe or move to your lower respiratory system, contact your health care provider **immediately**. If you are in a high-risk group, don’t wait for symptoms to worsen call your doctor to discuss early support.

### STAY HOME & AVOID OTHERS

**Tips to successfully reduce the risk of spreading the virus**

- Avoid contact with people and pets in your household by isolating to one room.
- No visitors unless essential (e.g. care providers)
- If you must be in the same room as someone or leave the house, always wear a mask
- Isolate to one room as much as possible
- Ask for support to maintain isolation, having someone prepare your meals and leave outside your door. Ask others to pick up any medications or essentials needed.
- If you have two bathrooms, mark one off as the designated “potentially exposed” room.
- **ALWAYS CLOSE TOILET LID WHEN FLUSHING** KNOW: Fecal matter of infected persons is a known transmission risk - containing high amounts of the COVID-19 virus. **DISINFECT AFTER EVERY USE.**
- If you MUST leave the room, wear a mask, stay 6-feet away from others and disinfect surfaces you come into contact with.
- IF people must enter your isolation room, they should wear a mask as well.
- Wash your hands often for at least 20 seconds with soap and water. Dry your hands with a paper towel or with cloth towel that no one else will share.
- Cough or sneeze into a tissue, if one is not available, cough into your upper sleeve or elbow, not your hand. Throw used tissues in a lined wastebasket, and wash your hands immediately. Lining the wastebasket with a plastic bag makes waste disposal safer.
- Placing contaminated clothing into a garbage bag - not a clothes basket to minimize contamination of surfaces. Wait at least 3 hours before washing clothing that may be contaminated. Handle clothes with gloves and wash separate from others laundry in the house.
- Anyone with whom you had close physical contact (e.g., in your household, co-workers in close quarters) in the 2 days before your symptoms started or after symptoms started should also self-isolate.

### How long do I have to isolate?

- As long as you have any symptoms PLUS 14 days after symptoms disappear. Be aware that the virus could still be present for up to 21 days in feces, so protect others by closing the lid when you flush and disinfect bathroom surfaces often. If you are still unwell at 14 days, contact your health care provider.
- If you have additional questions call your local public health department or doctor.

@ jconradcovid19@gmail.com
Ideas to Help Your Mood While You’re Self-Isolating.

1. **Open your windows**
   The air flow will also reduce any airborne viral loads quicker and is recommended by the CDC as a potential way to reduce exposure to others.

2. **Try to stick to basic self-care.**
   Meditation, cuddling with a favorite throw, changing clothes regularly, keep the room uncluttered, stretch or do some yoga. Whatever it is that you do to feel like you’re caring for yourself.

3. **Try sticking to a somewhat normal schedule.**
   Be careful not to get into a funk! Get up around your normal time, change, eat breakfast. Go to bed about when you usually would. It will help the days pass a little more clearly.

4. **A ‘Sleep All Day’ or ‘Stay Up All Night’ won’t hurt**
   Let’s face it, we never get to sleep in any more. Seems we’re always going going going. When was the last time you had weeks with no errands to run, dinners to cook? So binge your favorite Netflix show until the sun comes up at least once. Spend a day doing absolutely nothing. Pretend you’re 17 again and no authority figures are there to tell you that you can’t. It’s okay - you deserve it.

@ jconradcovid19@gmail.com
5. Art, Craft, Make Stuff! Schedule yourself some creative days.
Even if you’re not much of a creative person - making something - even badly is a great stress reliever. So pull out some old magazines and make a collage, get a pad and start sketching, paint, whatever. Just have someone put you a “creative time” box together for when you get the urge and take some time to nurture the other side of your brain for a while.

6. Haven’t you always wanted to take that course or get that certification?
Now’s a great time to take an online class or workshop. Search for something you’re passionate about and enroll in something. Check out Coursera for a huge offering of free classes and as a COVID-19 Special - they’re offering over a hundred classes & certification programs for free until the end of May too! [https://www.coursera.org](https://www.coursera.org) The courses are created by ~50 universities including Penn, Georgia Tech, Johns Hopkins, Caltech, Duke, and Imperial College London. Courses by Google and Amazon too!

7. Try Out Some Online Games
Bloons, Online Checkers, Minecraft, the list of free to play games on the internet is endless. Maybe you’ll show the kids a thing or two with your new skills too.

8. Put on Clean Clothes Every Day
It’s so easy when we’re stuck in our rooms to wear the same old sweats and T-shirt days on end. But let’s face it, it feels better when we’re clean! So start each day with a fresh set of clothes.

jconradcovid19@gmail.com
9. Get Your Groove on!
When was the last time you danced on top of your bed? Put on a funky playlist and let the music move you. Dancing is a great way to relieve stress and keep your body active when you’re stuck in isolation. It’s okay - no one will be watching - so maybe try out some of those new moves you saw in the Black Keys music video.

11. Don’t ignore Mother Nature
Yes - You should stay in your room as much as possible. But if you’re room has a quick route to the outside, treat yourself occasionally by putting on your mask and taking a solitary break in the beautiful outdoors. Wash your hands before opening any doors or touching surfaces on your way out though or put on disposable gloves if you have them and wash when you come inside.

12. Have long phone calls with friends and family.
One of the things about this pandemic is there’s a LOT of people isolating at home. So make a list of ones you know and take the time to catch up with friends you haven’t connected with in awhile.

13. Hang out in a virtual chat room
Lack of social interaction takes a toll and can affect how fast you feel better. So check out a virtual chat room, FaceTime, or Video Call so you can see some faces I’m sure you’re missing.

14. Set “no coronavirus” time
It’s all that’s been in the news, it’s been all the talk with coworkers, even your Mom won’t stop bringing it up. Take a break! Ask those you’re calling or chatting with to have some non-coronavirus time with you. Find some fun topics to talk about instead. Did you know according to jconradcovid19@gmail.com
guys who study apparently anything involving the word ‘fish’ is a wonderful conversation starter if you needed a little inspiration.

15. Write Each Day
Make a journal with your perspective on the COVID-19 pandemic. “Notes from my bed of Isolation” wouldn’t be a terrible title, though I’m thinking there may be a few people going for the copyrights to that one. Write a short story, maybe an essay on a topic you care about. Write handwritten letters to family and friends - I mean how long has it been since you got one of those in the mail! Whatever it is, make sure your “isolation kit” has plenty of paper and pens on hand for when your efforts to channel the spirit of Hemmingway finally pay off.

16. Self Love & Compassion
Sometimes when we spend a lot of time alone, our thoughts turn into a stream of self criticisms. Make sure you turn it off. It’s the time to love all the amazing things about yourself and have compassion for what you’re going through. Hang in there, the end of your days in quarantine will eventually come to an end and you’ll have to put real clothes on again.

17. Get Support if You Need It
IF IT’S MORE THAN THE BLUES AND YOU’RE SUFFERING FROM ANXIETY OR DEPRESSION - REACH OUT TO A MENTAL HEALTH PROFESSIONAL FOR SUPPORT. FREE SUPPORT LINE 1-800-950-NAMI (6264)

WE HOPE YOU FEEL BETTER SOON AND MANAGE TO ENJOY “ME” TIME! We’ll see you when you get back.