COVID-19 Public Health Emergency: Self-Quarantine Guidance

Given Governor Ever's declaration of a public health emergency associated with COVID-19 on March 12, 2020, the County's principal goal is to protect the health of its employees and the public. The County recognizes that the populations it serves have essential needs that must be met even – or especially – during such an emergency.

This memorandum includes guidance on how to self-quarantine. Given the changing nature of the medical community's understanding of the COVID-19 virus, this is the best available guidance at this time, but is subject to change if new information is discovered about the virus and how it spread. This guidance is effective at 7:00 a.m. Monday, March 16, 2020.

If you have questions about this, or any other Administrative Order or policy, please email: **COVID-19@milwaukeecountywi.gov**

I.   COVID-19 Self-Quarantine Guidance

SOURCE: WISCONSIN DHS

Self-quarantining is key to preventing the spread of COVID-19 from people with confirmed or suspected exposure to the virus. This Administrative Order will cover guidelines for expectations regarding self-quarantining.

A. Self-Quarantine & Self-Monitoring Guidance

According to the Wisconsin Department of Health Services,[1] people self-quarantining should take the following precautions:

- **Stay home**. This means do not go to school, work, public areas, or attend large gatherings, such as parties, weddings, meetings, and sporting events. If you need medical care, call your health care provider. Call ahead before you go to your doctor's office or to an emergency room. Tell them your symptoms, and whether you have traveled to an area of the world that has a COVID-19 outbreak.
- Do not use public transportation, ride-sharing, or taxis.
- Do not go out to restaurants or have guests over to your house.
- Postpone any travel. If travel is absolutely necessary, you must contact your local health department[2] first for instructions. Please know, if you choose to travel and become ill while you are away, you may not be able to return home using public

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[1] Wisconsin Department of Health Services (WI DHS), COVID-19 (Coronavirus Disease 2019): https://www.dhs.wisconsin.gov/covid-19/index.htm
[2] WI DHS, Local Public Health: https://www.dhs.wisconsin.gov/lh-depts/counties.htm

transport (for example, air travel) until you are well and released from possible isolation by the local public health department.
- Wash your hands often and practice good hygiene.
- As long as you feel healthy, you may leave the home (in a private vehicle) for a limited time to take care of routine and necessary activities, such as grocery shopping or visiting the pharmacy. Try to avoid busy times of day.
- Postpone all non-essential medical appointments (for example, dental cleaning, eye exam, routine check-up) until you are out of quarantine. If you have an essential appointment during the quarantine, please call your provider ahead of time and tell them that you traveled to an area of the world experiencing a COVID-19 outbreak. Your local health department may also be able to help you.
- If you need medical care, call your health care provider. Call ahead before you go to your doctor's office or to an emergency room. Tell them your symptoms, and whether you have traveled to an area of the world experiencing a COVID-19 outbreak.
- Consider minimizing contact with people and animals in your home (stay in your own room and, if possible, use your own bathroom). Avoid sharing personal household items such as dishes, towels, and bedding.

During self-quarantine, person should self-monitor for symptoms of COVID-19 by:

- Taking temperature twice daily with a thermometer. A fever is typically 100.4°F or greater. If person does not have a thermometer, symptoms of fever may include feeling unusually hot, having chills, or having the sweats.
- Watching for fever, cough, or trouble breathing.