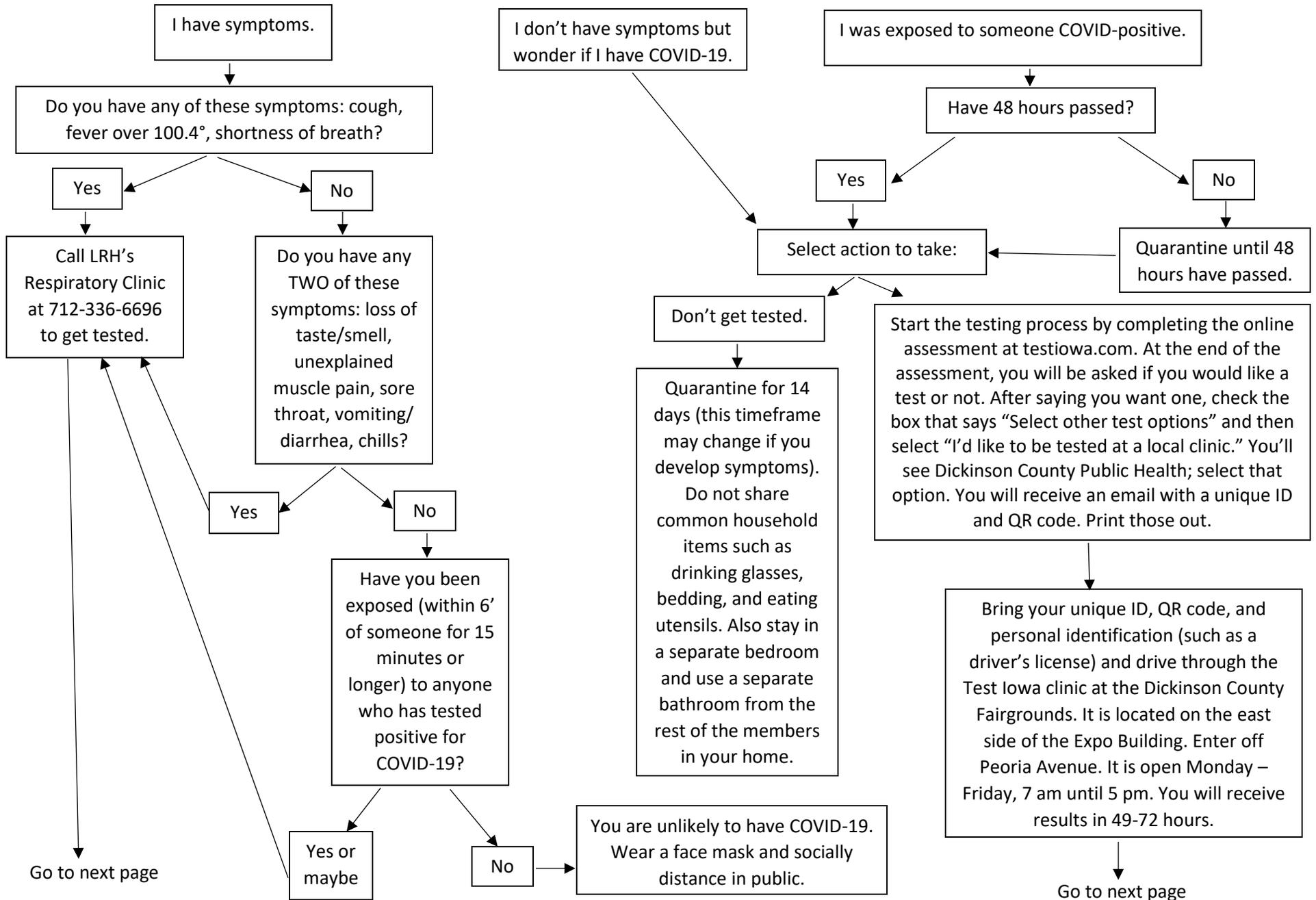


# Lakes Regional Healthcare COVID-19 Guidelines



Tell your employer and quarantine for 10 days or until your test results come back negative (this timeframe may change if you are positive and develop symptoms). Do not share common household items such as drinking glasses, bedding, and eating utensils. Also stay in a separate bedroom and use a separate bathroom from the rest of the members in your home.

My test results were positive.

My test results were negative.

Stay home for 10 days and take these steps:

1. Stay in a separate room and use a separate bathroom than others in your home.
2. Track your temperature daily. Also track symptoms such as loss of taste/smell, shortness of breath, muscle pain, cough, chills, vomiting, or diarrhea.
3. Call 712-336-6696 if you have symptoms that worry you or if you have persistent pressure in the chest or difficulty breathing.
4. Tell those you exposed you are positive and to get tested.

You do not need to quarantine any longer. However, wear a face mask and socially distance in public.

Have you gone 3 days without a fever over 100.4° without the use of Tylenol or any fever reducer?

Yes

No

Have any respiratory symptoms (cough, shortness of breath) improved?

No

Yes

Has it been 10 days since your symptoms first appeared?

No

Yes

You may be able to go out in public again. Check with your healthcare provider first, as you may need another test.