COVID-19 and Self-Isolation

To help stop the spread of COVID-19 (coronavirus) those who must self-isolate are:

- People returning from an area with widespread community transmission of COVID-19
- People who have been in close contact (within 6 feet) of someone who has tested positive for COVID-19

People on Self-Isolation Must Do These Things for 14 Days

- Stay home most of the time. Do not go to school, work, or public areas or attend large gatherings.
- Do not use public transportation, ride sharing or taxis.
- Do not travel. If you travel and get sick when traveling, you must tell healthcare and local public health workers about your recent travel.
- Wash your hands often and practice good hygiene.
- If you feel healthy, you may be able to leave the home (in a private car) for a limited time to take care of basic needs. This may include grocery shopping or visiting the pharmacy. Do not go out of the house during busy times of the day.
- Do not go to non-emergency medical appointments until after your 14 days of self-isolation. If you have a medical appointment that you have to go to, you must work with your doctor and local public health workers to plan the visit.
- If a person you had close contact with becomes positive for COVID-19, stay in self-isolation at home and call your doctor for instructions on next steps to take and how long to be at home.

What to Watch for During Self-Isolation

- Take your temperature 2 times a day. Watch for a fever.
- Watch for cough or hard time breathing.
- Family members or other people who live in your home may stay in your home.
- If people you live with get COVID-19, they must also be on self-isolation in your home or another facility for 14 days from the time of their last exposure to someone who was sick.

Help With Your Daily Needs

- If you live alone, or if every member of your household is on self-isolation, you will need to get help with any daily needs during this time.
- Plan for help from relatives, neighbors or friends by telephone, email or text message.
- Persons helping with your daily needs must not have direct contact with you.
- If you need help with daily needs, you can also contact the Chicago Department of Public Health, at coronavirus@chicago.gov or call (312) 746-4835.