



PUBLIC HEALTH

healthier together

COVID 19 Isolation Instructions

Persons ill or suspected to be ill with COVID19:

Stay home and isolate from others in the house until:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

AND

- other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

- at least 7 days have passed since your symptoms first appeared.
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Persons who are not ill with possible exposure to COVID19:

lowans should stay at home and isolate themselves from others in the home in the following situations:

- Taken a cruise anywhere in the world in the last 14 days.
- Traveled internationally to a country with a level 3 travel warning in the last 14 days.
- Close contact with a suspected or confirmed COVID-19 case in the last 14 days.