



# Mid-Michigan District Health Department

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Website: [www.mmdhd.org](http://www.mmdhd.org)



## **Isolation** is for people who are already ill.

When someone is isolated, they are separated from those who are healthy. Having the sick person separate from others can help to slow or stop the spread of disease. Isolation allows for the focused delivery of specialized health care to people who are ill, while protecting healthy people from getting sick. People in isolation may be cared for in their homes, in hospitals, or in designated healthcare facilities. Isolation is usually voluntary, however local, state and federal government have the authority to require isolation of sick people to protect the public.

### **Recommendations for managing isolation of ill and contagious people:**

- Keep the sick person in a room, separate from others.
- Limit the number of caregivers who assist the sick person.
- Use a gown or apron to cover clothing when providing care or coming in contact with the sick person.
- Wash hands for 20 seconds before and after care, as well as before and after removing gloves.
- Use alcohol-based hand rub to clean hands, if washing hands is not feasible.
- Discard things such as tissues, diapers (anything contaminated by the ill person) into plastic garbage bags.
- Drop the bag from the contaminated room into a clean bag positioned just outside of the room of the sick person.
- Dispose of the bag according to direction from your local public health department.
- Make sure all dishes, bedding, towels and other such items touching or used by the ill person are washed in very hot soapy water.

## **Quarantine** is for people who have been exposed but are not sick.

This is a public health strategy to help stop or slow the spread of the disease by separating or limiting the movement of the exposed person from others. Even though the person is not sick at the moment, they were exposed to the disease and may still become infectious and spread the disease to others. Quarantine may be voluntary or mandatory.



### **Prepare a Home Health Care Kit that Contains:**



- Medical book for self care; First Aid Kit
- Prescriptions for chronic disease, such as asthma, high blood pressure, etc.
- Soap, water, hand sanitizers
- Disinfectants or bleach to mix with water to use as a surface disinfectant
- Fever medicines like acetaminophen (Tylenol)
- Thermometer
- Anti-diarrhea medicines
- Anti-nausea medicines
- Cough suppressants
- Fluid and electrolyte replacements
- Tissues, plastic garbage bags, toilet paper, disposable diapers, disposable gloves, and surgical mask