

CUYAHOGA COUNTY  
BOARD OF HEALTH  
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

**ORDER OF ISOLATION FOR COMMUNICABLE DISEASE PATIENT**

To: \_\_\_\_\_ Address: \_\_\_\_\_

The Health Commissioner (“the Commissioner”) has reason to believe you are infected with the communicable disease COVID-19. If you are in fact infected with this disease you pose a substantial threat to the health of the public. To prevent transmission of this contagious disease, the Commissioner orders that you be placed in isolation in accordance with section 3707.08 of the Ohio Revised Code. The location where you are to be isolated is your home/place of residence. The Commissioner considers this the least restrictive clinically appropriate place of isolation given the nature of the disease you are suspected of having.

During this period may be required to undergo a medical exam and submit bodily specimens for analysis. In addition, you should accept any treatment recommended by your health care providers. Failure to accept treatment may significantly increase the duration of your isolation and may require the Commissioner to undertake further steps to ensure the health of the public.

This order will be in effect until you are deemed non-communicable by the Commissioner and therefore no longer pose a substantial threat to the health of the public. It is anticipated that you will need to be isolated until you are symptom free for at least 72 hours AND at least 7 days have passed since your first symptoms appeared. You may contact the Cuyahoga County Board of Health at that time to determine whether any additional testing will be required to verify that you are non-communicable. If you are employed in a health care occupation, your employer may also require additional testing before returning to work. You will need to contact your employer to determine if this applies to you.

If you leave the place of isolation designated above, without the prior consent of the Commissioner, action will be taken as authorized under sections 3707.48, 3707.53, and 3707.99 of the Ohio Revised Code. Additionally, leaving the place of isolation designated above without the prior consent of the Commissioner, could subject you to criminal sanctions.

Any questions regarding this order may be directed to CCBH at 216-299-1750. This order is effective immediately upon service to the above named individual.

\_\_\_\_\_  
Health Commissioner or Designee

\_\_\_\_\_  
Date

Due to the nature of community spread of the COVID-19 virus, this order was mailed on \_\_\_\_\_ to the person named above at the address listed above and is effective immediately upon receipt by the above named individual.

5550 Venture Drive ♦ Parma, Ohio 44130  
Direct: 216-201-2000 ♦ Fax: 216-676-1311 ♦ TTY: 216-676-1313 ♦ [www.ccbh.net](http://www.ccbh.net)  
Terrence M. Allan, R.S., M.P.H. Health Commissioner

## COVID-19 Checklist for Isolation or Quarantine

### Top 5 Things You Can Do If You Are Isolated or Quarantined

*Isolation separates sick people with a contagious disease from people who are not sick.*

*Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.*

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that people who are isolated or quarantined take the following actions:

- ☒ Keep your distance. Stay in your bedroom and use a bathroom separate from the one used by other members of your household, if possible. Wear a face mask when around others and try to stay at least 6 feet away. Have someone else in the home prepare meals and leave them outside your bedroom door. Don't share bedding, towels, dishes, or water bottles with others. If something is shared, wash it with soap and water before each use by a separate person.
- ☒ Do not leave your home (unless necessary for medical care). Ask family, friends, or community groups to help with needs by leaving supplies outside your door.
- ☒ Limit visitors to those who are necessary. Have them wash their hands when they enter and leave; wear a face mask and stay at least 6 feet away. If they have symptoms of fever, cough, or difficulty breathing, ask them not to come.
- ☒ Wipe down high-touch areas every day with a disinfectant. This includes doorknobs; light switches; phones; remote controls; appliance, sink, toilet, and cabinet handles; countertops, etc.
- ☒ Limit contact with pets. If you do interact with pets, wear a facemask, and wash your hands before and after.

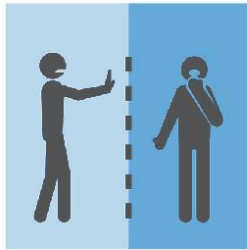
For additional information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

For answers to your COVID-19 questions, call 1-833-4ASKODH (1-833-427-5634).

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)



STAY HOME  
WHEN YOU ARE  
SICK



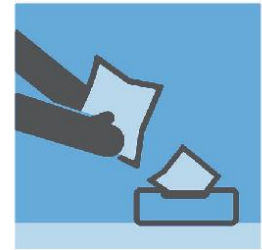
AVOID CONTACT  
WITH PEOPLE  
WHO ARE SICK



GET ADEQUATE SLEEP  
AND EAT WELL-  
BALANCED  
MEALS



WASH HANDS OFTEN  
WITH WATER AND SOAP  
( 20 SECONDS  
OR LONGER)



DRY HANDS WITH  
A CLEAN TOWEL  
OR AIR DRY  
YOUR HANDS



COVER YOUR MOUTH  
WITH A TISSUE OR  
SLEEVE WHEN  
COUGHING OR SNEEZING



AVOID TOUCHING  
YOUR EYES, NOSE,  
OR MOUTH WITH  
UNWASHED HANDS  
OR AFTER  
TOUCHING SURFACES



CLEAN AND DISINFECT  
"HIGH-TOUCH"  
SURFACES OFTEN



CALL BEFORE VISITING  
YOUR DOCTOR



PRACTICE GOOD  
HYGIENE HABITS



## Coronavirus Disease 2019 (COVID-19)

### Stress and Coping

#### Need Help? Know Someone Who Does?

Contact the [Disaster Distress Helpline](#) 

Call 1-800-985-5990

Contact the [National Domestic Violence Hotline](#) 

Call 1-800-799-7233 and TTY 1-800-787-3224

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

**Everyone reacts differently to stressful situations.** How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

**If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call**

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

**Stress during an infectious disease outbreak can include**

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems

- Increased use of alcohol, [tobacco](#), or [other drugs](#)

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration ([SAMHSA](#) [🔗](#)) website.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

### Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or [meditate](#) [🔗](#). Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs [🔗](#).
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

## Reduce stress in yourself and others

[Sharing the facts](#) about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful..

When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about [taking care of your emotional health](#).

### More support for COVID-19



- [Reducing Stigma](#)
- [Stop the Spread of Rumors](#)

## For parents

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

**Not all children and teens respond to stress in the same way. Some common changes to watch for include**

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

## There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Learn more about [helping children cope](#).

## For responders

Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:

- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
- Take a break from media coverage of COVID-19.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

Learn more [tips for taking care of yourself](#) during emergency response.

## For people who have been released from quarantine

Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include :

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine. [You can help your child cope](#).

## Resources

### For Everyone

- [Coping with a Disaster or Traumatic Event](#)


### For Communities

- Coping with stress during an infectious disease outbreak
- Taking Care of Your Behavioral Health during an Infectious Disease Outbreak

### For Families and Children

- [Helping Children Cope with Emergencies](#)
- [Coping After a Disaster](#)  – A Ready Wrigley activity book for children age 3-10

### For First Responders

- [Emergency Responders: Tips for taking care of yourself](#)
- [Disaster Technical Assistance Center](#)  (SAMHSA)

Page last reviewed: March 23, 2020

Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), Division of Viral Diseases



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**HOME QUARANTINE FORM**

Guidance for COVID-19 Associated Patients Needing Medical Assistance

You have been identified as one of the following:

- ♦Confirmed COVID-19 case OR ♦Person under investigation for COVID-19 OR
- ♦Close contact of confirmed case OR ♦Person who traveled to a country with widespread COVID-19 transmission

If you develop a fever, cough, or have difficulty breathing, seek medical care. **CONTACT YOUR Healthcare provider or Health System to coordinate your care. Some conditions may be able to be managed at home.**

**CALL AHEAD BEFORE GOING TO SEE A DOCTOR OR EMERGENCY ROOM. GIVE THEM THIS CARD.**

- ♦Self transport to your medical provider if you are able; consider telemedicine
- ♦If you are unable to self transport, contact EMS and make them aware you received this document from CCBH
- ♦If you have an immediate medical emergency contact 9-1-1 and make them aware you received this document from CCBH

**Use a face mask if you have one available.**

**EMS/Triage Staff/Clinicians:**

- ♦Use standard droplets precautions. Consider airborne precautions if patient care involves aerosol generating procedures or treatments.
- ♦Hospital Infection control should contact local health department immediately

Patient Emergency Contact Name: \_\_\_\_\_ Patient Emergency Contact Number: \_\_\_\_\_

Patient Primary Care Provider: \_\_\_\_\_ Preferred Hospital : \_\_\_\_\_

Date \_\_\_\_\_

**Remember to bring this form with you when seeking medical care.**