



### What is Isolation and Quarantine?

COVID-19 can be spread by spending time with people who have the virus and by touching things that have the virus on them and then touching your face. When someone has COVID-19 or is sick with symptoms of COVID-19, it is important for them to try and limit their time with other people, so they don't spread the disease.

**King County Isolation and Quarantine Centers** are a free, safe, clean, and comfortable place to stay for people who test positive for COVID-19 or who have COVID-19 symptoms. Call the King County COVID-19 call center to get more information.

Phone #: (206) 477-3977

Hours: 8 AM - 10 PM daily

**If you decide to isolate in your tent, car, or RV, follow these steps while you are sick to keep others safe:**



**Stay in your tent, car, or RV as much as possible.**



**Stay 6 feet apart (apart two arm lengths) from others.**



**Wear a face covering that covers your mouth and nose.**



**Avoid sharing household items.**



### What else should you do?



**Wash your hands with soap and water for at least 20 seconds, or use alcohol-based hand gel.**



**Avoid touching your eyes, nose, and mouth.**



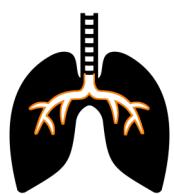
**Cover your mouth and nose with a tissue, sleeve or your elbow when coughing or sneezing.**



**Keep track of your symptoms and go to a clinic or the ER if they get worse.**



**If you use drugs, alcohol or tobacco try not to share.**



**If you smoke, try to decrease the amount you smoke or stop all together.**

**You can still spread the virus after you start feeling better.** To keep others safe, stay isolated until it's been 3 full days without a fever (feelings of being unusually hot or cold) *and* without taking medicine that makes your fever lower. You should also wait until your other symptoms have gotten better and it has been at least 10 days since your symptoms started.