



## Public Health

### *Solutions*

**District Health Department**  
995 East Highway 33 Suite 1  
Crete, NE 68333  
402-826-3880 or  
1-844-830-0813  
[www.phsneb.org](http://www.phsneb.org)

Date you may return if you do not develop symptoms: \_\_\_\_\_

### Instructions for Quarantine

You are being asked to self-quarantine because you have been exposed to an individual with confirmed COVID-19. Your cooperation is greatly appreciated to maintain self-quarantine for fourteen (14) days from the last date of exposure to the infected individual. Quarantine is used to keep someone who might have been exposed to COVID-19 away from others, to prevent spread of the disease.

For fourteen (14) days, you are asked to:

- Stay home. If you must leave the house for essential trips or tasks, wear a face covering at all times and maintain a social distance of at least 6ft. from anyone you encounter.
- If you live with individuals who would be at high risk for severe illness (people over 65 years of age, people with chronic health conditions such as lung disorders, heart disease, or diabetes), maintain extreme social distancing and do not share objects.
- Monitor yourself closely for sign/symptoms of COVID-19. Symptoms include:
  - Fever of 100.4 or above
  - Chills
  - Cough
  - Shortness of breath
  - Extreme fatigue
  - Muscle or body aches
  - Headache
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
  - New loss of taste or smell

These symptoms, individually, can also be signs of other illnesses. If you develop one or more of these symptoms, especially in combination, please contact your healthcare provider or PHS for further guidance.

If you receive a negative COVID-19 test, you still need to complete self-quarantine. It takes a full fourteen (14) days to ensure you will not develop the virus.

When PHS receives your contact info, someone from our department will call to follow-up and answer any questions. If you have questions before you receive a call from PHS, **you can reach a member of our team by calling: 402-826-3880.**

**Prevent. Promote. Protect.**

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