



**COUNTY OF POLK**  
**Health Department**  
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## **Stay home when you are sick!**

COVID-19 cases in Polk County are still increasing and flu season is just around the corner. This is also the time of year that we see allergies and other viral illnesses. It is extremely important to stay home when you have signs and symptoms of illness. If you are feeling ill, you should **not** go to work, school, activities, visit family or friends or run errands to avoid spreading your illness. Staying home not only allows your body to rest and helps you recover, but it prevents you from spreading germs and making other people sick. Staying home when you are not feeling well is a very important way to help us stop the spread of COVID-19.

The Polk County Health Department is urging everyone to stay home when they are sick to keep our community healthy and help us stop the spread of COVID-19. Other things you can do to help stop the spread of COVID-19 in our community:

- If you were exposed to COVID-19 and in quarantine, stay in quarantine for a full 14 days. A negative test does not allow you to stop your quarantine. You may still develop COVID-19 and cannot be around others until after 14 days.
- If you have been identified a close contact to someone who has tested positive for COVID-19 and do not have symptoms, we recommend being tested for COVID-19.
- Call your health care provider if you are having symptoms of COVID-19. They will help determine if your symptoms are related to allergies, COVID-19 or another illness.
- If you have been tested for COVID-19, stay home and avoid others until you have your test results.
- If you have COVID-19 and are sick, follow the Centers for Disease Control and Prevention (CDC). You may come out of isolation and be around others again, when you can answer YES to all THREE of the following questions:
  1. At least 10 days have passed since symptoms first appeared AND
  2. At least 24 hours with no fever without fever-reducing medication AND
  3. Other symptoms of COVID-19 are improving (*\*\*new loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*)

Another thing you can do to stay healthy is getting your season flu shot. The flu shot is recommended for everyone ages six months and older annually.

For additional information about COVID-19, influenza and the seasonal flu shot, please visit [www.polkcountyiowa.gov/health](http://www.polkcountyiowa.gov/health).

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