



City of Wainwright

Self-Quarantine Guidelines

The City of Wainwright Declaration of Public Health Emergency, strongly recommends that any resident returning to Wainwright from any community in Alaska with diagnosed cases of COVID-19 must Self-Quarantine for 14 days to avoid the spread of the COVID-19 virus to the community.

State of Alaska Health Mandate 10.1 effective March 25, 2020 also requires that any individual returning to his residence in Alaska from out of state must self-quarantine and monitor for illness for 14 days at his/her declared destination (if a resident is returning from out of state and has a stopover in Anchorage, they do not need to quarantine there; only at their designated home destination)

Self Quarantine includes the following:

1. Remain in your home. Do not visit any public spaces, including grocery stores, post office school, church, child care, etc.
2. **Work:** Contact your employer to let them know your quarantine status. If you are working in an essential service they will provide their rules for avoiding COVID-19 transmission.
3. Do not have visitors in your home.
4. You may leave your designated quarantine location only for medical emergencies or to seek medical care. BEFORE going to the Clinic, call them at 763-2714 or 763-2814.
5. Follow State of Alaska and CDC Social Distancing guidelines to avoid spread of the virus within the home and the community:
 - a. Social Distancing - to the extent possible, maintain 3-6 feet of separation other people in your home.
 - b. Wash your hands often with soap and water for at least 20 seconds, especially after sneezing, coughing, blowing your nose. (20 seconds is the Happy Birthday song twice)
 - c. Do not touch your face, nose, mouth, eyes. If you must touch your face use a clean tissue.
 - d. Cough or sneeze into your sleeve or into a tissue (dispose of right away)
 - e. Clean and disinfect your home, especially frequently touched surfaces such as tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, cell phones
 - f. Avoid sharing towels, utensils, etc.

Monitor for Illness:

6. Check for fever (100.4 or greater) in the morning and evening.
7. Remain alert for cough or shortness of breath.
8. If you develop symptoms, call the Clinic at 763-2714 or 763-2814 BEFORE going to the clinic.

If you have questions or concerns, please contact the City by phone at 907-763-2815 or 907-319-8581 or by email at cityclerk@cityofwainwright.com. Additional information is also available on the City of Wainwright Facebook page.