Frequently Asked Questions (FAQs) about the Safer at Home Advisory and Self-Isolation

Updated June 25, 2020

Under Governor Larry Hogan’s direction, state agencies continue to develop comprehensive and coordinated prevention and response plans for coronavirus disease 2019 (COVID-19).

The Maryland Department of Health (MDH) will communicate directly with the public, providing updates as this situation develops and accurate information about how to protect yourself and your family.

If you have questions about COVID-19 that are not answered here, call your local health department or dial 2-1-1.

What is the current COVID-19 situation in Maryland?

On May 13, Governor Larry Hogan announced the beginning of Stage One of the ‘Maryland Strong: Roadmap to Recovery,’ which includes moving from a Stay at Home order to a Safer at Home public health advisory and the gradual reopening of retail, manufacturing, houses of worship, and some personal services.

On June 5, Maryland moved into Stage Two of recovery with the safe and gradual reopening of workplaces and non-essential businesses. Additional reopenings through Stage Two were announced on June 10, which allowed indoor dining and outdoor amusements to resume on June 12.

As with Stage One, Stage Two is being implemented with a flexible, community-based approach that empowers each jurisdiction to make decisions about the timing of reopening. For the reopening status of Maryland’s jurisdictions, please visit https://governor.maryland.gov/recovery/.

Older adults and those people with underlying health conditions, who are vulnerable to serious illness from COVID-19, are strongly advised to continue staying home as much as possible. Employers should continue to encourage telework for their employees when possible and people who can work from home should continue to do so. All Marylanders should continue wearing masks in indoor public areas, retail stores, and on public transportation.

Up-to-date information about testing and case counts in Maryland is available at coronavirus.maryland.gov. The page is updated daily.

Information about the Hogan administration’s ongoing response to COVID-19 is available at https://governor.maryland.gov/coronavirus/.

Should I wear a face mask?

Cloth face coverings can be made from household items and include wearing a scarf or bandanna that covers the nose and mouth. The CDC has detailed guidance and instructions regarding homemade cloth face coverings available at https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. People with disabilities who are unable to wear a mask are provided reasonable accommodations per the Americans with Disabilities Act.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.
**Have schools reopened?**
The following school and child care activities can now resume:

- **Graduation Ceremonies** - Local school systems may plan and hold safe outdoor graduation ceremonies.
- **School Buildings** - School systems may begin bringing small groups of students and staff into school buildings.
- **Child Care Providers** - All child care providers may begin to reopen, and the number of individuals child care providers can have in one room has been expanded to a maximum of 15.
- **Outdoor High School Sports** - Outdoor high school sports may begin to resume practice and training activities.

Please visit [marylandpublicschools.org](http://marylandpublicschools.org) for additional school reopening updates.

**Are restaurants open?**
Yes. Restaurants can resume indoor operations at 50 percent capacity, with appropriate distancing, and following strict public health requirements.

**Can my lawn service or landscaper come out and work in my yard?**
Yes. There are no restrictions in place on lawn care services.

**Can my house cleaner come and clean our house?**
There are no restrictions on house cleaning services. Please confer with your cleaning service about their willingness to keep delivering the service safely. Also, if you are ill or in any elevated risk category, limit all outside visitors to your home.

**Can we go for a walk or run around the neighborhood?**
Yes, but do not congregate in groups of more than ten people, maintain social distancing, and wear a face mask.

**Are parks and recreational facilities open?**
Boating, recreational fishing, and other outdoor activities have reopened, with safety guidance in place. You can go to a park that is open, but social gatherings are still limited to no more than 10 people.

Outdoor amusements and rides, including miniature golf and go-kart tracks, can resume with appropriate health and safety protocols.
What sorts of businesses are open?
Businesses that can reopen under Stage Two of recovery include manufacturing, construction, large and small retail shops, speciality vendors, wholesalers, warehouses, and offices including information technology firms, legal offices, accounting, banking and financial institutions, insurance agencies, design studios, advertising and architectural firms, and media production companies.

SELF-ISOLATING AT HOME WITH COVID-19

What is the difference between quarantine and isolation?
Quarantine is for people who may have been exposed to COVID-19 and may or may not get sick. People who are quarantined stay home for 14 days. During this time, they take their temperature daily and watch for symptoms of COVID-19. Most people who are going to get sick will get sick within 2-14 days of exposure.

Isolation is for people who have COVID-19. People who are sick stay away from and limit contact with others while they recover.

People who are in quarantine or isolation from others help stop the spread of COVID-19.

I just tested positive for COVID-19. What do I do?
Follow your healthcare provider’s guidance. Most people can recover at home. It is important that you stay home and take care of yourself. Stay away, or isolate, from others as much as you can. Read the CDC guidance on What to Do if You are Sick. Do not have visitors, unless they are caring for you.

When can I be around others after having COVID-19?
Talk to your health care provider especially if you have a high risk underlying health condition or if you are 65 years and older. You may need to stay away from other people longer.

Most people with symptoms of COVID can follow the CDCs three conditions before being around others:

1. It has been at least 10 days since you first felt sick, AND
2. It has been at least 3 days since you last had a fever AND
3. All your other COVID-19 symptoms have gotten better.
If you tested positive but had no symptoms and you continue to be well, you can be with others after 10 days have passed since your test.

When around others, remember to keep 6 feet away and wear a face covering.

This guidance is subject to change.

**Will my positive COVID-19 test results be reported to anyone?**
Yes. Under Maryland law, positive COVID-19 test results will be reported to the Maryland Department of Health and local Health Department. However, your information will not be shared with the public, or in contact tracing investigations with people who may have had close contact with you. See [CovidLINK](https://example.com).

**What symptoms require medical attention right away?**
Call 911 or go to the nearest emergency care provider if you have:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Let 911 or the provider know you have COVID-19. This will help them know how to care for you and keep other people from getting infected.

**How can I protect my family or caregivers while recovering at home?**
Try to stay away from others as much as possible. Try to stay in one room and, if you can, don’t use the same bathroom as them. When around others, wear a face covering and have them wear one too. Everyone should wash their hands often. Avoid sharing anything like dishes, towels, or bedding. Make sure all high touch areas are disinfected every day. See [Caring for Someone Sick at Home](https://example.com).

Caregiver Tips:

- Wash hands often.
- Avoid touching your eyes, nose, and mouth.
- Shared spaces in the home should have good air flow. If you can, open a window or use a fan. This will help remove COVID-19 respiratory droplets from the air.
• Wear a disposable facemask and gloves when you touch or have contact with the patient, especially when you have contact with their blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
• Wash clothes or bedding that have blood, stool, or body fluids on them. Keep soiled items away from your body. Wash laundry thoroughly.
• When removing gloves and mask, first remove and dispose of gloves. Then, wash your hands right away. Next, remove and dispose of facemask, and wash your hands again.
• Throw out disposable face masks and gloves after using them. Do not reuse.
• Place all used disposable gloves, facemasks, and other contaminated items in a lined trash can. Wash your hands at once after handling these items.
• Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
• Household members should care for any pets in the home. Do not handle pets or other animals while sick. For more information, see COVID-19 and Animals.