
Facts about the isolation site in your neighborhood

Tacoma-Pierce County Health Department is partnering with City of Tacoma and The Lighthouse Senior Center at 5016 A Street to provide 24-hour isolation for people who test positive for COVID-19 and need a safe place to isolate.

- The site will open the week of Sept. 27-Oct. 1, 2021.
- We expect the site will operate through Oct. 31, 2021.
- The site will operate 24 hours a day, 7 days a week.
- The site will have 12 beds.
- The site will provide shelter for adults 18 years or older.
- An average stay will last 10-14 days.

Tacoma-Pierce County Health Department and the City of Tacoma considered several options. The Lighthouse Senior Center is the best solution to meet the community's need. Check out the infographic on the back of this page for more information about COVID-19 isolation and quarantine.

Onsite services

Every guest will have access to:

- Face masks.
- Meals.
- Hygiene kits.
- Beds.
- Supportive programs and referrals to services to address barriers to housing and healthcare, including mental health and substance use disorder treatment.

Transportation and referrals

Guests will be transported to and from the site.

Community service providers and the Homeless Outreach Team refer guests directly to the isolation site operator.

Provider coordination ensures guests are expected and accommodated when they arrive.

Community safety and access

Tacoma Police will work closely with the isolation site operator and community members to proactively address concerns about the site.

COVID-19: Should you quarantine or isolate?

After you talk with your healthcare provider, what should you do?

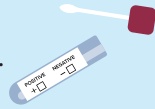
Quarantine

if you were **in close contact** to someone with COVID-19.

- ✓ **Preferred and highly recommended: Stay home for 14 days after your last contact.**

If you can't because of hardship, stay home for at least:

- 10 days after your last contact.
- OR**
- 7 days with a negative test result (test no sooner than 5 days after your last contact).



You don't need to quarantine if it's 14 days after your second dose of COVID-19 vaccine.



Don't go to work or school.
Avoid public places.

Symptoms can appear 2-14 days after exposure. Monitor for symptoms until 14 days after close contact.



Check your temperature twice a day and monitor for symptoms like:

- Fever.
- Chills.
- Cough.
- Shortness of breath.
- Difficulty breathing.
- Muscle pain.
- Headache.
- Loss of taste or smell.
- Sore throat.



If you get any of these symptoms, isolate and call your healthcare provider. →

Isolate

if you are:

- **Sick** with COVID-19 symptoms.
- Test **positive** for COVID-19.

Stay home until:

- ✓ 24 hours after fever is gone without using medicine.



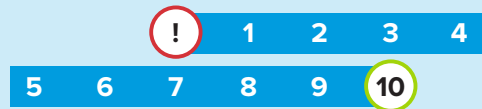
AND

- ✓ Symptoms improve.



AND

- ✓ 10 days after symptoms started or date tested if you don't have symptoms.



Don't go to work or school.
Avoid public places.



If you live with others, set up a room where you won't be around people or pets.
Use a separate bathroom if possible.

Call your healthcare provider immediately if your symptoms get worse.



Call 911 if you have a medical emergency.

Tell the dispatcher you have or may have COVID-19. Wear a face covering before emergency medical services arrive or you go to the emergency department.

Participate in a public health interview.
Health Department staff will call to review instructions and answer questions.



Learn more and stay updated at tpchd.org/coronavirus.