

Confusion over various recommendations? See:

- **2020 – PAHAN – 538 – 12-4-ALT Updated Quarantine Recommendations** (12-4-20)
<https://www.health.pa.gov/topics/Documents/HAN/2020-PAHAN-538-12-4-ALT%20-%20Updated%20Quarantine%20Recommendations%20for%20Persons%20Exposed%20to%20COVID-19.pdf>
information to consider. Amy Requa, Senior Health Manager/The Pennsylvania Key, stated, “It’s always a good idea to recommend the 14-day quarantine period because that is best practice”.
- To access “Guidance for Operating a Childcare Center, Group Home or Family Child Care During the Coronavirus Pandemic in Pennsylvania- The Pennsylvania Key Resource for Frequently Asked Questions (FAQ)” 11-16-20, click on [The Pennsylvania Key Resource for Frequently Asked Questions \(FAQ\)](#) or visit the [PA Key website](#) to view additional resources.

Coronavirus Information -Vaccination, Disease Symptoms and Care

- [When the Whole Family Has Not Yet Been Vaccinated Against COVID-19](#)
What you should know when everyone in your “bubble” is not vaccinated.
<https://www.chop.edu/news/feature-article-when-whole-family-has-not-yet-been-vaccinated-against-covid-19>

- **Symptoms of Coronavirus** <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

(Partial Excerpt)

- Anyone can have mild to severe symptoms.
- **Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.
- When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

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

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

- [Symptoms of Coronavirus Infographic](#) <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date::desc&Search=symptoms>
- [10 things you can do to manage your COVID-19 symptoms at home](#) <https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>