



PATIENT HOME ISOLATION DIRECTIONS FOR COVID-19

These instructions apply to individuals who have received a positive COVID-19 test result, are waiting for the results of a COVID-19 test, or have been told by their health care provider that they have COVID-19. It has been determined that you do **NOT** need to be hospitalized. You must do the following until the you can return to your normal activities:

Stay home except to get medical care.



You should not go outside your home, except for getting medical care. **DO NOT** go to work, school, church or public areas. **DO NOT** use public transportation, taxis, Uber/Lyft, etc. If you are feeling sick enough to seek care from your doctor or emergency department, **CALL AHEAD** before walking in, and let them know you are positive for COVID-19, or have been tested for COVID-19 and your results are pending.

Stay away from other people in your home.



As much as possible, you should stay in a separate room away from other people and pets in your home. **DO NOT** eat meals with others in your home. You should also use a separate bathroom, if available. If you need to be around others in or outside of the home, wear a mask. If you are positive and are able to stay in a separate closed room and use your own bathroom, your household contacts are no longer exposed. The day the separation occurred, your household members would begin the recommended 14-day quarantine period with the options to end early. If you are positive and not able to separate, your household members will need to quarantine while you are isolated and then the recommended 14 days (with the options to end early), from the day you are out of isolation.

Tell your close contacts.



Think about people you have been in close contact with two (2) days before you started having symptoms and forward (or 2 days before your test date and forward if you do not have symptoms). This contact could have occurred at work, school, child care, in-person appointments, social gatherings, etc. Close contact is anyone you were within 6 feet of for 15 total minutes or more within a day. It is important that you tell your close contacts so they are aware of their exposure and can take steps to stop COVID-19 from spreading.

Call ahead before visiting your doctor.



If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19 infection. This will help the health care provider's office take steps to keep other people from getting sick or exposed to the virus.

Cover your coughs and sneezes.



Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can, and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.



Clean your hands.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.

Clean and disinfect your home.

Surfaces that are frequently touched should be cleaned and disinfected often. Examples include:



- Toilet and restroom surfaces
- Doorknobs
- Light switches and light switch plates
- High chairs
- Phones
- Tables and chairs
- Wheelchairs and walkers
- Recreation equipment
- Railings
- Remote control

An effective disinfectant is **1 and 2/3 cups chlorine bleach (regular/unscented) in 1 gallon of water**. Mix and use promptly. Use on frequently touched surfaces, and allow to air dry for at least one minute. If used on a food contact surface, make sure to rinse with water afterwards.

Avoid sharing personal household items.



You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.

Monitor your symptoms.



Seek emergency medical care if your symptoms are severe or concerning to you, or you have emergency warning signs (trouble breathing, persistent pressure in chest, new confusion, inability to wake or stay awake, or bluish lips or face).

Discontinuing home isolation.

If you are positive, you must remain isolated and out of work/school until you have recovered. The symptom-based method of ending isolation requires a case to meet the 3 following criteria:



1. You have been fever-free for 1 day without the use of fever-reducing medication;
- AND**
2. Any symptoms experienced are improved;
- AND**
3. It has been at least 10 days since your symptoms started (or since test date if no symptoms are present).

This isolation period will be 20 days if you have laboratory-confirmed or clinically suspected COVID-19 with severe or critical illness or if you are severely immunocompromised. After returning to work, you will need to wear a surgical mask for 14 days or until all of your symptoms have completely resolved, whichever is longer. Retesting is not recommended to end isolation or return to normal activities, including work.

