

## Novel Coronavirus 2019 (COVID-19) Outbreak: Guidance for Home Isolation\*\*

### If you HAVE or ARE BEING EVALUATED FOR COVID-19, you should:

- **Stay at home**, except to get essential medical care. Including:
  - **Work, school, or public areas**
  - **Public transportation, rideshare, or taxis**
- **Separate** yourself from others in the home, as much as possible. Stay in a separate room and use a separate bathroom, if possible.
- **Cover** your coughs and sneezes with a tissue or your elbow.
- **Wash your hands** often with soap and warm water for at least 20 seconds.
- **Avoid touching** your eyes, nose, and mouth.
- **Do not share household items** like dishes, cups, eating utensils, and bedding.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc) daily.
- **Cancel** all non-essential medical appointments and call ahead to your provider before you attend essential medical appointments.
- **Monitor your symptoms** and seek medical care if your illness is worsening.
  - **Before** going to your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, COVID-19.

### You will be asked to stay in home isolation:

- 1) If you have **symptoms and tested positive** for COVID-19, you should:
  - Remain in home isolation until **10 days** have passed since your **symptoms first started AND**
  - At least **3 days (72 hours)** have passed since your **fever (including chills, shakes, and body/muscle aches) has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath, difficulty breathing, sore throat, and loss of taste/smell) have improved.**
- 2) If you have **symptoms and tested negative** for COVID-19, you should:
  - Stay home and away from others until **3 days (72 hours)** have passed since your **fever (including chills, shakes, and body/muscle aches) has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath, difficulty breathing, sore throat, and loss of taste/smell) have improved.**
- 3) If you **do not have symptoms and tested positive** for COVID-19, you should:
  - Remain in home isolation until **10 days** have passed since the **date of your first positive COVID-19 test was done**, as long as you have not started to have any symptoms since that test.

\*For more information, please visit the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/>

\*\*Current as of 5/5/20. Recommendations are subject to change as the situation evolves.