Interim Guidance for Isolation for COVID-19

17 March 2020

COVID-19 status	Guidance for patients	Guidance for household members
Confirmed case (laboratory test positive) in hospital	Isolation according to hospital procedures	• Isolation at home for 14 days from last exposure to COVID-19 patient without using recommended precautions. • Monitor yourself for symptoms and call your provider immediately if you develop fever, cough, or shortness of breath.

Confirmed case (laboratory test positive) at home	Isolation period will be at least a week, or possibly longer depending on the course of illness. Discontinue home isolation under the following conditions:
	• A week after illness onset AND
	• Fever is gone AND
	• Symptoms have improved for 72 hours
		• Isolation at home 14 days from when household precautions were in use.
		• Monitor yourself for symptoms and call your provider immediately if you develop fever, cough, or shortness of breath.
		• If you become sick with fever, cough or shortness of breath, isolate at home until
		  • A week after illness AND
		  • Fever is gone AND
		  • Symptoms have improved for 72 hours

Waiting for test results	Isolation at home using recommended precautions until test results are received.	Self-observation
Sick with respiratory symptoms but not tested (no known exposure to COVID-19)	Stay home except to get medical care.	Self-observation

Health care worker with confirmed or suspected COVID-19	Exclude from work until:
	• A week after illness AND
	• Fever is gone AND
	• Symptoms have improved for 72 hours
	After returning to work:
	• Wear a facemask for 14 days after illness AND all symptoms are completely resolved
	• No contact with immunocompromised patients for 14 days after illness
		• Isolation at home 14 days from when household precautions were in use.
		• Monitor yourself for symptoms and call your provider immediately if you develop fever, cough, or shortness of breath.
		• If you become sick with fever, cough or shortness of breath, isolate at home until
		  • A week after illness AND
		  • Fever is gone AND
		  • Symptoms have improved for 72 hours

Household precautions

https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html

- Stay home except to get medical care
- Separate yourself from other people and animals in your home. Stay in a specific room and use a separate bathroom if available.
- Call ahead before visiting your doctor
- Wear a facemask when around other people
- Cover your coughs and sneezes
- Wash your hands often
- Avoid sharing personal items such as dishes, towels, and bedding.
- Clean 'high-touch' surfaces every day. These include counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards, etc. Use a household cleaning spray or wipe.
- Monitor your symptoms. Seek prompt medical attention if your illness is worsening. Call your provider and let them know you have COVID-19 before seeking care. If you have a medical emergency and need to call 911, notify dispatch that you have COVID-19.

Resources

CDC guidance for preventing the spread of COVID-19 in homes: https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html

CDC what to do if you're sick: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

CDC guidance for discontinuing isolation of hospitalized patients: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html

CDC guidance for discontinuing isolation of COVID-19 persons recovering at home: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html

CDC guidance for health care workers with potential exposure to COVID-19 in a healthcare setting: https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html

Return to work criteria for healthcare personnel with confirmed or suspected COVID-19 exposure: https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html

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