

## 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.
- **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 **tested positive** for COVID-19, you should:

- Remain in home isolation for **7 days** after your COVID-19 testing if your fever and symptoms of acute infection are gone **OR** until **72 hours** after your fever and symptoms of acute infection are gone, **whichever is longer**.

2) If you have a fever and respiratory symptoms and **have not tested positive** for COVID-19, you should:

- Stay home away from others until **72 hours** after your fever and symptoms of acute infection are gone.