



COVID-19

novel coronavirus

COVID-19 Home Care and Isolation Guidance (3/20/20)

Please follow the recommendations listed below if you were diagnosed with laboratory-confirmed COVID-19 OR were clinically diagnosed with COVID-19 based on an evaluation by a physician without laboratory testing:

- ✓ **Stay home except to get medical care:** If you must seek medical care, make sure arrangements are made ahead of time to avoid additional exposures.
- ✓ **Separate yourself from other people and animals in your home:** As much as possible, stay in a specific room and away from other people and animals. Use a separate bathroom if space allows.
- ✓ **Wear a facemask:** You should wear a facemask if you must be around other people in your home, car or medical provider's office.
- ✓ **Cover your coughs and sneezes:** Cover your mouth and nose with a tissue when you cough or sneeze and immediately throw the tissue away in a trash can. Immediately wash your hands for 20 seconds with soap and water or clean your hands with an alcohol-based hand sanitizer (at least 60% alcohol).
- ✓ **Avoid sharing personal household items:** Do not share drinking glasses, plates, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- ✓ **Clean all "high-touch" surfaces everyday:** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and tables. Also clean any surfaces that have blood, stool, or other bodily fluids on them. Use a household cleaning spray or wipe according to the label instructions.
- ✓ **Monitor your symptoms:** Seek prompt medical attention if your illness is worsening (e.g. difficulty breathing). BEFORE seeking care, call your healthcare provider to arrange the visit ahead of time. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, wear a face mask before emergency medical services arrive.

When to discontinue home isolation:

- ✓ Stay home in isolation until at least 7 days have passed from the onset of your illness AND you have been free of fever for 72 hours without the use of fever-reducing medications.