

## Coronavirus (COVID-19) Isolation / Quarantine Information

This informational document is intended to provide guidance to individuals with a mild or suspected case of COVID-19 who do not need to be hospitalized and can receive care at home. This document also contains information for household members, intimate partners, and caregivers of these individuals.

If you are a healthcare professional, first responder, frontline worker, or critical infrastructure worker and believe you have been directly exposed while at work you should consult your place of work for specific occupational health guidance about whether to stay home or continue working. You should adhere to recommendations set forth by your employer or the department of health, as they may differ from the CDC's guidelines.

### **Definitions**

Isolation and quarantine are both ways to limit interaction with others and prevent the spread of disease.

Isolation	<ul style="list-style-type: none"><li>- Separating sick people from people who are not sick</li><li>- Individuals are separated for a period of time until they are no longer infectious</li></ul>
Quarantine	<ul style="list-style-type: none"><li>- Separating individuals who may have been exposed to a contagious disease but haven't been tested</li><li>- They are separated for a period of time to see if they get sick</li></ul>

### **General tips and recommendations**

- Wash hands
  - Wash your hands often with soap and water for at least 20 seconds
  - Wash your hands especially after blowing your nose, coughing, sneezing, going to the bathroom, or before eating or preparing food
  - If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol
  - Avoid touching your eyes, nose, mouth, and other people with unwashed hands
- Do not share
  - Do not share dishes, cups, eating utensils, towels, or bedding with other people or pets
  - After using personal items, they should be washed thoroughly with soap and water
- Clean and disinfect
  - Clean high touch surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables
  - Clean any surfaces that may come in contact with body fluids, blood, or stool
  - Use a household cleaning spray or wipes
  - Immediately remove and wash clothes or bedding that have body fluids, blood, or stool on them

## **Isolation**

*The below information is for individuals who have tested positive for COVID-19.*

Follow the prevention steps below:

- Stay home
  - Stay in a specific room and away from other people and pets in your home
  - Restrict any activities outside your home, except for getting medical care
  - Avoid public areas, including work and school
  - Avoid using public transportation, ride-sharing, or taxis
- Cover your nose and mouth
  - If you are sick, wear a facemask when you are around other people or pets
  - Cover your nose and mouth with a tissue when you cough or sneeze, and throw away used tissues
- Monitor your symptoms
  - Seek medical attention immediately if your symptoms get worse, especially if you experience any of the following:
    - Severe trouble breathing (such as being unable to talk without gasping for air)
    - Continuous pain or pressure in your chest
    - Feeling confused or having difficulty waking up
    - Blue-colored lips or face
  - If you seek medical attention, be sure to call ahead before visiting the facility. This will help the facility keep other people from possibly getting infected or exposed.
    - Tell any healthcare provider that you may have COVID-19.
    - Avoid using public transportation, ride-sharing, or taxis.
    - Put on a facemask before you enter any healthcare facility.

Patients with confirmed COVID-19 should remain under home isolation until the risk of spreading the disease to others is low.

- If you are NOT getting retested to determine if you are still contagious, you may discontinue home isolation after ALL of the following have occurred:
  - ✓ You have had no fever for at least 72 hours (three full days without fever and not using medicine that reduces fevers)
  - ✓ Other symptoms have improved
  - ✓ It has been at least 10 days since your symptoms first appeared
- If you ARE getting retested to determine if you are still contagious, you may discontinue home isolation after ALL of the following have occurred:
  - ✓ You no longer have a fever (without the use medicine that reduces fevers)
  - ✓ Other symptoms have improved
  - ✓ You received two negative tests in a row, 24 hours apart
- If you did NOT have symptoms, but tested positive for COVID-19, you may discontinue home isolation if BOTH of the following have occurred:

- ✓ It has been at least 10 days since your positive test
- ✓ You continue to have no symptoms since completing the test

These recommendations are not to be used as guidance about when to return to work after home isolation. The decision about when to return to work should be determined by your employer and local health department recommendations. In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

### **Quarantine**

*The below information is for individuals without symptoms who have not been tested for COVID-19 but may have been exposed.*

If you have been potentially exposed to COVID-19, you should self-quarantine by staying home and limiting interaction with others for 14 days after possible exposure. To be safe, you should follow the prevention steps above. During this time period, you should monitor your symptoms closely to see if you get sick. If, after this period, you have still not developed any symptoms, you are not at risk of spreading the virus. Get tested or call your healthcare provider right away if you develop symptoms suggestive of COVID-19 (such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or new loss of smell or taste).

### **Information for household members, intimate partners, and caregivers**

*The below information is for household members, intimate partners, and caregivers of a person who:*

- *Has tested positive for COVID-19.*
- *Does not have symptoms, has not been tested for COVID-19, and may have been exposed.*

Any individual that may have close contact with a person with suspected or confirmed COVID-19 should follow these recommendations:

- Monitor your health
  - Call your healthcare provider right away if you develop symptoms suggestive of COVID-19 (such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or new loss of smell or taste)
- Separate yourself
  - Household members should stay in another room or be separated from the patient as much as possible
  - Use a separate bedroom and bathroom, if possible
  - Limit visitors who do not need to be in the home

- Make sure that shared spaces in the home have good airflow and ventilation
- Provide help and support
  - Help the patient follow their healthcare provider's instructions
  - Help the patient with basic needs in the home, such as getting groceries, prescriptions, and other personal needs
  - Help care for any pets in the home
  - Monitor the patient's symptoms
  - If the patient is getting sicker, help them seek medical attention
- Wear facemasks and disposable gloves
  - The patient should wear a facemask when they are around other people
  - If the patient is not able to wear a facemask, you should wear a mask when you are in the same room as them
  - Wear a disposable facemask and gloves when you touch or have contact with the patient's body fluids, such as saliva, mucus, blood, stool, vomit, or urine
  - Wear disposable gloves while handling soiled items and keep soiled items away from your body
  - Throw out disposable facemasks and gloves after using and do not reuse them
  - Wash hands or use alcohol based hand sanitizer after removing gloves, and again after removing facemasks

Discuss any additional questions with your healthcare provider or a local / state health department official.