

Interim Guidance for Isolation for COVID-19

7 May 2020

COVID-19 status	Guidance for patients	Guidance for household members			
Confirmed case (laboratory test positive) in hospital	Isolation according to hospital procedures	<ul style="list-style-type: none"> 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 cough, shortness of breath or difficulty breathing, or other COVID-19 symptoms*. 			
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: <ul style="list-style-type: none"> Ten days after illness onset AND Fever is gone AND Symptoms have improved for 72 hours 	<ul style="list-style-type: none"> Isolation at home 14 days from when household precautions were in use. Monitor yourself for symptoms and call your provider immediately if you develop cough, shortness of breath, difficulty breathing, or other COVID-19 symptoms*. If you become sick with COVID-19 symptoms*, isolate at home until <ul style="list-style-type: none"> Ten days after illness onset 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 COVID-19 symptoms* but not tested (no known exposure to COVID-19)	Stay home except to get COVID-19 testing or other medical care. Call ahead before visiting your doctor.	Self-observation			
Health care worker with confirmed or suspected COVID-19	Exclude from work either until: <table border="1" data-bbox="537 1003 1129 1333"> <tr> <td> <ul style="list-style-type: none"> Ten days after illness onset AND Fever is gone AND Symptoms have improved for 72 hours </td> </tr> <tr> <td>OR</td> </tr> <tr> <td> <ul style="list-style-type: none"> Resolution of fever without the use of fever-reducing medications AND Improvement in respiratory symptoms Two negative SARS-CoV-2 molecular test results collected ≥ 24 hours apart </td> </tr> </table> After returning to work: <ul style="list-style-type: none"> Wear a facemask until all symptoms are completely resolved or at baseline 	<ul style="list-style-type: none"> Ten days after illness onset AND Fever is gone AND Symptoms have improved for 72 hours 	OR	<ul style="list-style-type: none"> Resolution of fever without the use of fever-reducing medications AND Improvement in respiratory symptoms Two negative SARS-CoV-2 molecular test results collected ≥ 24 hours apart 	<ul style="list-style-type: none"> Isolation at home 14 days from when household precautions were in use. Monitor yourself for symptoms and call your provider immediately if you develop cough, shortness of breath, or other COVID-19 symptoms*. If you become sick with COVID-19 symptoms*, isolate at home until <ul style="list-style-type: none"> Ten days after illness onset AND Fever is gone AND Symptoms have improved for 72 hours
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*COVID-19 symptoms

COVID-19 symptoms include cough, shortness of breath or difficulty breathing, fever, chills, headache, sore throat, repeated shaking with chills, and new loss of taste or smell. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Household precautions

<https://www.cdc.gov/onavirus/2019-ncov/if-you-are-sick/index.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 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 symptom-based strategy to discontinue isolation for persons with COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/community/strategy-discontinue-isolation.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>