## Interim Guidance for Isolation for COVID-19

**7 May 2020**

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| 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 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:  
  • Ten days 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 cough, shortness of breath, difficulty breathing, or other COVID-19 symptoms*.  
  • If you become sick with COVID-19 symptoms*, isolate at home until  
    • 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:  
  • Ten days after illness onset AND  
  • Fever is gone AND  
  • Symptoms have improved for 72 hours  
  OR  
  • 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  
After returning to work:  
  • Wear a facemask until all symptoms are completely resolved or at baseline | • 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  
    • Ten days after illness onset AND  
    • Fever is gone AND  
    • Symptoms have improved for 72 hours |
**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](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

**Household precautions**

- 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**


