Interim Guidance for Isolation for COVID-19
23 March 2020

<table>
<thead>
<tr>
<th>COVID-19 status</th>
<th>Guidance for patients</th>
<th>Guidance for household members</th>
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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 fever, cough, or shortness of breath. |
| 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:  
• A week 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 fever, cough, or shortness of breath.  
• If you become sick with fever, cough or shortness of breath, isolate at home until |
<table>
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<th>Waiting for test results</th>
<th>Isolation at home using recommended precautions until test results are received.</th>
<th>Self-observation</th>
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<td>Sick with respiratory symptoms but not tested (no known exposure to COVID-19)</td>
<td>Stay home except to get medical care.</td>
<td>Self-observation</td>
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| Health care worker with confirmed or suspected COVID-19 | Exclude from work until:  
- A week after illness onset AND  
- Fever is gone AND  
- Symptoms have improved for 72 hours  
After returning to work:  
- Wear a facemask for 14 days after illness onset AND all symptoms are completely resolved  
- No contact with immunocompromised patients for 14 days after illness onset | • Isolation at home 14 days from when household precautions were in use.  
• Monitor yourself for symptoms and call your provider immediately if you develop fever, cough, or shortness of breath.  
• If you become sick with fever, cough or shortness of breath, isolate at home until  
- A week after illness onset AND  
- Fever is gone AND  
- Symptoms have improved for 72 hours |

**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

CDC what to do if you’re sick: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.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