

Home Isolation Guidance for People with COVID-19 (Updated 7/23/20)

If you have TESTED POSITIVE for COVID-19, you should stay isolated at home. This means you should:

- **Stay at home**, except to get essential medical care. This includes:
 - **Not going to work, school, or public areas**
 - **Not using public transportation, rideshares, or taxis**
- **Separate** yourself from others in your home, as much as possible. Stay in a separate room and use a separate bathroom, if possible. **If you cannot separate from others at home, you should wear a mask.**
- **Cover** your coughs and sneezes with a tissue or your elbow.
- **Wash your hands** often with soap and warm water for at least 20 seconds.
- **Avoid touching** your eyes, nose, and mouth.
- **Do not share household items** like dishes, cups, eating utensils, and bedding.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Cancel** all non-essential medical appointments and call ahead to your provider before you attend essential medical appointments.
- **Monitor your symptoms** and seek medical care if your illness is worsening.
 - **Before** going to your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, COVID-19.

The number of days you should isolate at home depends on your SYMPTOMS¹, how SICK² you were, and whether you are SEVERELY IMMUNOCOMPROMISED³.

Please **look at the chart on the back of this sheet** to help you figure out how long you should stay isolated at home.

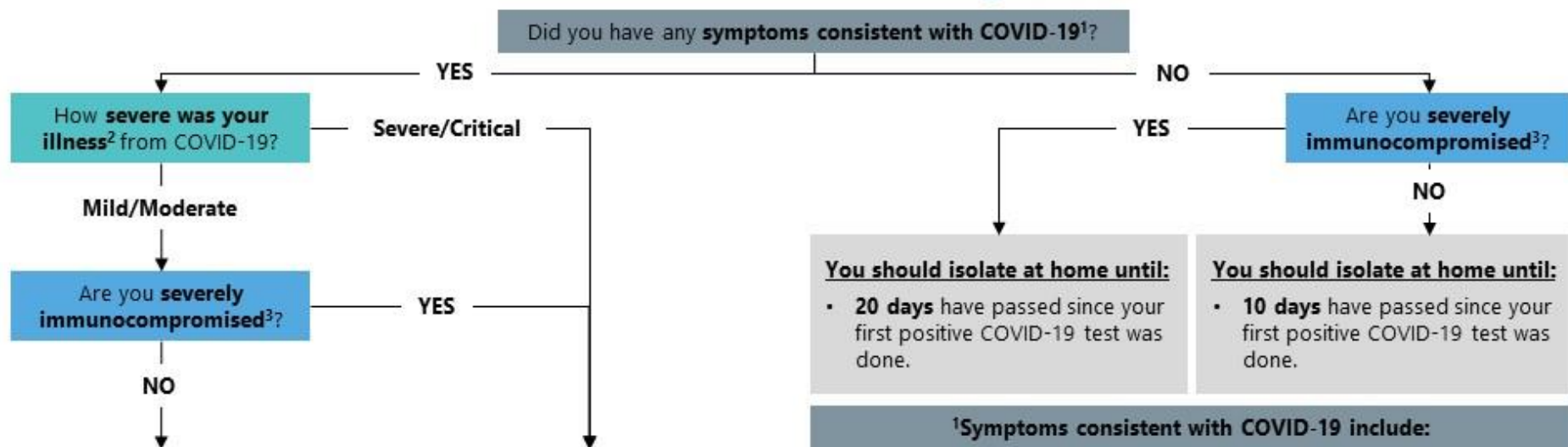
- 1) If you **had any symptoms** consistent with COVID-19¹ **and** had **mild or moderate illness**², you should isolate at home until:
 - At least 10 days have passed since your symptoms first started **and**
 - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
 - Your other symptoms have improved.
- 2) If you **had any symptoms** consistent with COVID-19¹ **and** had **severe or critical illness**² **or** are **severely immunocompromised**³, you should isolate at home until:
 - At least 20 days have passed since your symptoms first started **and**
 - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
 - Your other symptoms have improved.
- 3) If you **did not have any symptoms** consistent with COVID-19¹, you should isolate at home until:
 - 10 days have passed since your first positive COVID-19 test was done.
- 4) If you **did not have any symptoms** consistent with COVID-19¹ **and** are **severely immunocompromised**³, you should isolate at home until:
 - 20 days have passed since your first positive COVID-19 test was done.

¹Symptoms consistent with COVID-19 are listed on the back of this sheet.

²Mild/moderate and severe/critical illness are explained on the back of this sheet.

³Severely immunocompromising medical conditions are listed on the back of this sheet.

How long should I isolate at home if I tested positive for COVID-19?



You should isolate at home until:

- **20 days** have passed since your first positive COVID-19 test was done.

You should isolate at home until:

- **10 days** have passed since your first positive COVID-19 test was done.

- ¹Symptoms consistent with COVID-19 include:**
- Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Nausea or vomiting
 - Diarrhea

²How severe was your illness from COVID-19?

Mild/Moderate means you:

- Were not admitted to the intensive care unit (ICU)

Severe/Critical means you:

- Were admitted to the intensive care unit (ICU)

³Severely immunocompromised means you have:

- Been taking chemotherapy for cancer recently;
- HIV and a CD4 T-cell count <200;
- An immunodeficiency disorder;
- Been taking high-dose steroids (like prednisone 20 mg/day for > 14 days); **or**
- Another condition that a healthcare provider has told you makes you severely immunocompromised.

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- At least **10 days** have passed since your symptoms first started **and**
- At least 24 hours have passed since your fever resolved (without the use of medication) **and**
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**Maricopa County
Public Health**

Additional Home Isolation Guidance is on the other side of this sheet.
 For more information visit: [Maricopa.gov/COVID](https://www.maricopa.gov/COVID)
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