

Novel Coronavirus 2019 (COVID-19) Outbreak:

Home Isolation Guidance for People with COVID-19*

If you HAVE or ARE BEING EVALUATED FOR COVID-19, you should:

- **Stay at home**, except to get essential medical care. This includes:
 - **Work, school, or public areas**
 - **Public transportation, rideshare, 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.
- **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.

You will be asked to stay in home isolation:

- 1) If you have **symptoms and tested positive for COVID-19**, you should:
 - Remain in home isolation until **10 days** have passed since your **symptoms first started AND**
 - At least **3 days (72 hours)** have passed since your **fever has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved.**
- 2) If you have **symptoms and tested negative for COVID-19**, you should:
 - Stay home and away from others until **3 days (72 hours)** have passed since your **fever has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved.**
- 3) If you **have never had symptoms and tested positive for COVID-19**, you should:
 - Remain in home isolation until **10 days** have passed since the **date your first positive COVID-19 test was done**, as long as you have not started to have any symptoms since that test.
- 4) If you **previously had symptoms and tested positive for COVID-19, do not have symptoms now, and are being retested** at the end of the 10-day isolation period and your **repeat PCR test is positive**, you will have to **remain in isolation for 10 more days following your repeat positive test.**[†]

*These recommendations are current as of 6/12/2020. Recommendations are subject to change as the situation evolves. For more information, please visit maricopa.gov/COVID19.

[†]If you are retested with a positive PCR test at the end of the isolation period, you can come out of isolation before the 10-day mark if you have 2 negative PCR tests in a row at least 24 hours apart.