

Home Quarantine Guidance for Suspect/Confirmed COVID-19 Patients

This guidance is for people with confirmed or suspected coronavirus (COVID-19), persons under investigation (PUIs) who do not need hospitalization, and people with confirmed cases who were hospitalized then stable enough to go home.

Stay home except to get medical care: restrict activities outside your home except for getting medical care. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis.

Separate yourself from people and animals in your home: as much as possible stay in a specific room away from others, use a separate bathroom if available as well. There has not been reports of animals becoming sick with the virus, but you should restrict contact with pets like you would people at this time. If you must have contact with your pet, wash your hands before and after contact, and wear a facemask.

Call ahead before visiting your doctor: call ahead before arriving to any facility and inform them that you have or may have the virus, this will keep others from being exposed or infected

Wear a facemask: wear a facemask if you are around other people (sharing a room or vehicle) or pets and before you enter healthcare facilities. If you cannot wear a facemask, people who live with you should not stay in the same room with you or they should wear a mask if they enter your room

Cover your coughs and sneezes: cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol based sanitizer that contains at least 60% alcohol

Clean your hands often: wash your hands with soap and water often for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use alcohol based sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are the best option if hands are visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid sharing personal household items: you should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using, they should be washed thoroughly with soap and water.

Clean all high-touch surfaces every day: high touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Also clean any surfaces that may have blood, stool or body fluids on them. Use a household cleaning spray or wipe, according to label instructions.

Monitor your symptoms: seek medical attention if your illness is worsening (difficulty breathing). Before seeking care call the provider and tell them you have or are being evaluated for the virus. Put on a facemask before entering the facility. If you have a medical emergency and need to call 911, notify dispatch that you have or are being evaluated for the virus. If possible, put a mask on before emergency medical services arrive.

Discontinuing home isolation: should only occur after approval from local health department officials and will be made on a case-by-case basis.