

Home Quarantine Guidance for Household Members/Intimate Partners/Caregivers of Suspect/Confirmed COVID-19 Patients

This guidance is for household members, intimate partners, and caregivers of 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.

Close contact should monitor their health. They should call their healthcare provider right away if they develop symptoms suggesting COVID-19

Make sure that you understand and can help the patient follow their healthcare provider's instructions for care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions and other needs.

Monitor the patient's symptoms: if the patient is getting sicker, call their provider and tell them the person is a suspect/confirmed COVID-19 case. This will help the provider's office take steps to keep other people from getting infected. If there is a medical emergency, call 911 and notify dispatch the patient is a suspect/confirmed COVID-19 case.

Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom if available.

Prohibit visitors who do not have an essential need to be in the home.

Household members should care for any pets in the home. Do not handle pets while sick.

Make sure that shared spaces in the home have good air flow, such as by an air conditioner or opened window if possible.

Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol based hand sanitizer that contains 60-90% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.

Avoid touching your eyes, nose and mouth with unwashed hands.

The patient should wear a facemask when around other people. If the patient is not able to wear a mask, you should wear a mask when you are in the same room as the patient.

Wear a disposable mask and gloves when you touch or have contact with the patient's blood, stool or body fluids, like saliva, sputum, nasal mucus, vomit, or urine.

- Throw out disposable facemasks and gloves after using them, do not reuse.
- When removing personal protective equipment, first remove and dispose of gloves. Then immediately clean your hands with soap and water. Next remove and dispose mask, and clean your hands again.

Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items. After the patient uses these items, you should wash them thoroughly.

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

Wash laundry thoroughly. Immediately remove and wash clothes or bedding that have blood, stool or body fluids on them. Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands immediately after removing gloves. Read and follow directions on labels of laundry soap and clothing items. In general, use a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.

Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands immediately after handling these items.

Discuss additional questions with the healthcare provider or health department.