

# Information on **REQUIRED ISOLATION** at home after your COVID-19 test

## **Based upon your symptoms and/or exposure history, you have been tested for COVID-19.**

The results of the test may not be available for 4-5 days.

You will need to remain in isolation at home until your provider confirms a negative COVID-19 test result. To protect others, you must not be in close contact with anyone else. Do not go to work, school, church, stores or other public places. Avoid using public transportation, ride-sharing, and taxis.

You should follow these prevention steps until you are notified of a negative COVID-19 result and your physician or local or state health department says you can return to your normal activities.

## **Stay home unless you need urgent medical care.**

People who are mildly ill with COVID-19 are able to isolate at home during their illness. But it is important not to go outside your home to areas where you might encounter other community members.

If you have a routine medical appointment scheduled, call your provider's office and tell them that you need to reschedule your visit because you have or may have COVID-19 and are waiting for your test results.

If you have worsening symptoms and are unsure about your need to go to an Urgent Care Center or Emergency Room, call your healthcare provider. Your provider may be able to perform a telephone visit to help determine this.

If you need urgent medical evaluation, before seeking care, call ahead to the healthcare facility and tell them that you are being evaluated for COVID-19. You will need to put on a facemask before you enter the medical care facility.

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## **Separate yourself from other people in your home.**

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

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## **Wear a facemask.**

You should wear a facemask when you must be around other people (e.g., in the same room). If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

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## **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 hand sanitizer that contains at least 60% alcohol.

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## **Clean all "high-touch" surfaces every day.**

High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also,

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### **Clean your hands often.**

Wash your hands often with soap and water 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 an alcohol-based hand 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.**

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

clean any surfaces that may have blood, stool, or bodily fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product, including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

### **Monitor your symptoms.**

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility (ER, Urgent Care, etc.). These steps will help the healthcare facility or provider's office to keep other people in the office or waiting room from getting infected or exposed.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

### **Duration of home isolation**

If your COVID-19 test is negative: (meaning no COVID-19 is found) – You will be notified by your provider. It may take 4-5 days to get a result, and you should remain in home isolation until your provider confirms a negative result. If you continue to feel unwell after your negative result is confirmed, please seek medical care urgently or contact your provider.

If your COVID-19 test is positive: Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions will be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments. You will be contacted by your provider of the local Public Health Department regarding next steps.

Being isolated in your home may be inconvenient, but it is temporary. And it could save lives.

Please don't hesitate to call your provider if you have any additional questions.

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