

PATIENT EDUCATION HANDOUT

COVID-19: Home Isolation

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According to the World Health Organization, 80% of people who have COVID-19 will experience mild illness and can stay home while they recover. Therefore, your doctor may recommend home isolation and supportive treatment of your illness.

HOME ISOLATION

Home isolation aims to separate you from those who are not sick and prevent the spread of illness while you recover. Symptoms generally improve in about a week, but this can differ from person to person. If you are instructed to remain at home, it is essential to rest, stay hydrated and prevent others in your household from getting ill as much as possible. Ask your doctor about taking over-the-counter pain medication for symptom relief. The Centers for Disease Control and Prevention (CDC) recommends these home isolation guidelines:

- Stay isolated from other members of your household, including pets, as much as possible. If you must be around others in your house, wear a face covering.
- If you can, stay isolated in a bedroom with your own bathroom.
- Do not share items, including dishes, utensils and phones.
- Do not go to work, visit public places or use public transportation.
- Remember to wash your hands for at least 20 seconds with soap and water. Avoid touching your eyes, mouth or nose with unwashed hands.

ENDING HOME ISOLATION

Current CDC guidelines for ending home isolation are as follows:

- After three full days of no fever, in the absence of fever-reducing medication, at least 10 days have passed since your symptoms first began, and your other symptoms have improved.
- After you have had two negative COVID-19 tests in a row, 24 hours apart and without fever in the absence of fever-reducing medication.
- Monitor your symptoms and temperature while at home as instructed by your doctor or health department and report to them as indicated. Stay up to date with your county, state and federal regulations regarding COVID-19, including instructions on quarantine, isolation and testing availability.

NOTE: If you experience trouble breathing or have chest pain, confusion or bluish discoloration on your lips or face or any other medical emergency, seek immediate medical care immediately by calling 911.

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