

HOME ISOLATION

What is isolation?

Isolate means that you have been diagnosed with COVID-19 even if you don't have symptoms, therefore you must separate yourself from others who are not infected to prevent giving them the virus.

Where should you isolate?

If you are in isolation, you should stay home until it's safe to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

How long should you stay isolate?

5 days beginning the day of the symptoms or 5 days beginning the day of the test if you are asymptomatic while continuing to wear a mask for the remaining 5 days.

If you developed severe illness from COVID-19 or have a weakened immune system, you may need to stay home longer than 10 days.

Make sure to consult with your primary physician before ending isolation.

What to do while in isolation?



- Monitor your symptoms. Seek emergency care if you have shortness of breath or a persistent high fever even when using fever-reducing medications like aspirin or Tylenol.
- If possible, stay in a separate room from all other household members.
- If possible, use your own bathroom.
- Don't share any personal items with anyone in the house, like cups, towels, and utensils.
- Do not share food with anyone.
- Cover your mouth with tissue when coughing or sneezing.
- Put your gloves, tissues, masks, and other trash in a bag, tied closed, and put out with other household trash.

- Avoid contact with other members of the household and pets.
- Don't go out in public places not even grocery stores or to run errands.
- Don't invite anybody at your house.
- Do not visit anybody outside your home.
- Connect with others via phone, text, or email to avoid loneliness.
- Rest and stay hydrated.
- Do not forget to tell all your close contacts about your positive test so they can get tested or quarantine.
- If you are unable to follow those recommendations:
 - You should wear a mask when around others at home.
 - Clean touched surfaces often, include doorknobs, light switches, toys, remote controls, sink handles, counters, and phones.
 - If sharing a room with somebody, stay 6 feet apart from that person.
 - Make sure shared spaces in the home have good air flow. Open windows and even doors when possible.
 - Wash your hands well and often. People who leave with you should also wash their hands often and wear a mask.
 - Limit your time with other people in your home to 5 minutes.

For more information about isolation, you can visit:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

<https://www.health.pa.gov/topics/Documents/Diseases%20and%20Conditions/PA%20Ending%20Isolation-Quarantine.pdf>

<https://www.hhs.gov/answers/public-health-and-safety/what-is-the-difference-between-isolation-and-quarantine/index.html>