

Home **Isolation** Guidance for People Who Test Positive or Have Symptoms Consistent with COVID-19[†] (rev. 06 Nov 2020)

Isolation is for people who have tested **positive** or have **symptoms** consistent with COVID-19[†] and are waiting to be tested or diagnosed. It prevents the spread of COVID-19 by asking people who have COVID-19 (or those with symptoms) to stay away from others until they have fully recovered and can no longer transmit the virus.

If you have tested **POSITIVE** or have symptoms of COVID-19[†], you need to stay **isolated** at home for a specified period of time — usually around 10 days.

“Stay isolated” means you need to:

- **Stay at home**, except to get essential medical care. This includes:
 - **Not going to work** (even if you work in an essential service*), **school, or public areas**
 - **Not using public transportation, rideshares, or taxis**
- **Separate** yourself from others in your home, as much as possible. Stay in a separate room and use a separate bathroom, if possible. **If you cannot separate from others at home, you need to wear a mask.**
- **Cover** your coughs and sneezes with a tissue or your elbow.
- **Wash your hands** often with soap and warm water for at least 20 seconds.
- **Avoid touching** your eyes, nose, and mouth.
- **Do not share household items** like dishes, cups, eating utensils, and bedding.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Cancel** all non-essential medical appointments and call ahead to your provider before you attend essential medical appointments.
- **Monitor your symptoms** and seek medical care if your illness is worsening. **Before** going to your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, COVID-19

The **number of days** you need to stay **isolated** at home **depends on**:

- Your COVID-19 test result;
- Your symptoms;
- If you were a close contact of someone with COVID-19;
- How sick you were; and
- If you are severely immunocompromised.



Follow the **Home Isolation Flow Chart** on the back of this page to determine **how long you need to isolate at home.**

*Essential Services are defined by Governor Ducey's Executive Order 2020-12, see: https://azgovernor.gov/sites/default/files/eo_2021.pdf

[†]Symptoms of COVID-19 can range from mild to severe illness and may include:

- Cough
- Shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Headache
- Fatigue (not as a sole symptom in the school setting)
- Nausea or vomiting, diarrhea
- Sore throat, congestion or runny nose
- New loss of taste or smell.

Check the [CDC web site](https://www.cdc.gov/covid19/symptoms) for the latest list of COVID-19 symptoms.

COVID-19 Home Isolation Guidance - Flow Chart for Non-Contacts[†]

Patient version - Revised - 06 November 2020

START HERE

TRY ME ONLINE AT:
Maricopa.Gov/
COVIDIsolationTool

SYMPTOMS

Have you experienced any symptoms consistent with COVID-19?

YES,
I have/had symptoms.

NO,
I have **not** had symptoms.

Symptoms of COVID-19 may include:

- Cough, shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches, headache
- Fatigue (not as a sole symptom in the school setting)
- Nausea or vomiting, diarrhea
- Sore throat, congestion or runny nose
- New loss of taste or smell.

Symptoms can range from mild to severe illness and appear 2 to 14 days after exposure.

[†]**Non-Contacts** are people who have **not** had known exposure to a person with COVID-19 while that person was infectious. If you have had contact with someone with COVID-19, consult the **QUARANTINE** guideline instead at: [Maricopa.Gov/COVIDQuarantine](https://www.maricopa.gov/COVIDQuarantine)

PCR or Antigen Test for COVID-19

Did you get a nose-swab or saliva test for COVID-19 and is your result available?

PCR or Antigen Test for COVID-19

Did you get a nose-swab or saliva test for COVID-19 and is your result available?

NO, including:

I'm waiting for my result, or I got a **blood** test for COVID, or I haven't been tested.

YES,

I've been tested and I have my test result.

YES,

I've been tested and I have my test result.

NO, including:

I'm waiting for my result, or I got a **blood** test for COVID, or I haven't been tested.

If you are waiting for your test result, **begin** by following the **POSITIVE** guideline, then re-evaluate when you know your result.

If you haven't had a nose-swab or saliva test, follow the **POSITIVE** guideline unless one of the **special exceptions** connected below applies to you.

NEGATIVE

Isolate until it has been at least:
24 hours since your last fever **without** the use of fever-reducing medication,
AND your other symptoms have improved.

POSITIVE

Isolate until it has been at least:
10 days since your symptoms appeared,
AND 24 hours since your last fever **without** the use of fever-reducing medication,
AND your other symptoms have improved.

NEGATIVE

No isolation needed.
Reduce your risk of future exposure to COVID-19 by following everyday precautions.
See recommendations at:
[Maricopa.Gov/COVID19](https://www.maricopa.gov/COVID19)

POSITIVE

Isolate for 10 days from when you were tested.
If you develop any symptoms during your isolation, follow the guidance for people with symptoms instead (left side of this chart).

If you are waiting for your test result, **begin** by following the **NEGATIVE** guideline, then re-evaluate when you know your result.

If you don't have symptoms, testing isn't recommended but it is available if desired. Follow **NEGATIVE** guideline, then re-evaluate if tested.

SPECIAL EXCEPTION:

Known Chronic Non-Infectious Condition
Isolation is **not** necessary if your symptoms are caused by a known chronic **non-infectious** condition (e.g. allergies, asthma). A doctor should provide a note confirming this in the school setting **only**.

SPECIAL SCHOOL EXCEPTION:

Alternate Infectious Illness
If your doctor will provide a note attesting that you have a different, **lab-confirmed**, infectious illness (e.g. Strep throat, influenza) causing your symptoms, you may follow the **NEGATIVE** guideline.

SPECIAL EXCEPTIONS:

***Serious Illness or **Severe Immunocompromise**
If you were admitted to an ICU* due to your COVID illness or you are severely immunocompromised, isolate until it's been at least:**
20 days since your symptoms appeared,
AND 24 hours since your last fever **without** the use of fever-reducing medication,
AND your other symptoms have improved.

SPECIAL EXCEPTION:

****Severe Immunocompromise**
Isolate for **20 days** from when you were tested.
If you develop symptoms during isolation, follow the guidance for people with symptoms instead (left side of this chart).

PREVIOUS COVID?

If you had COVID-19 and completed isolation, then later retested **POSITIVE within 3 months** of the onset of your symptoms (or date of your first positive test if you didn't have symptoms), additional isolation is **not** usually recommended.

* **Serious illness** – e.g. hospitalized in an Intensive Care Unit (ICU). For more details, see: www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html

****Severe immunocompromise** may include being on chemotherapy for cancer, untreated HIV infection with CD4 T lymphocyte count < 200, combined primary immunodeficiency disorder, use of prednisone >20mg/day for more than 14 days, or hematopoietic stem cell or solid organ transplant in past year.