Maricopa County Department of Public Health

Home Isolation Guidance for People with COVID-19 (Updated 7/23/20)

If you have TESTED POSITIVE for COVID-19, you should stay isolated at home. This mean you should:

- **Stay at home,** except to get essential medical care. This includes:
  - **Not going to work, 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 should 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 should isolate at home depends on your SYMPTOMS[1], how SICK[2] you were, and whether you are SEVERELY IMMUNOCOMPROMISED[3].

Please **look at the chart on the back of this sheet** to help you figure out how long you should stay isolated at home.

1) If you **had any symptoms** consistent with COVID-19[1] **and** had **mild or moderate illness[2]**, you should isolate at home until:
   - At least 10 days have passed since your symptoms first started **and**
   - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
   - Your other symptoms have improved.
2) If you **had any symptoms** consistent with COVID-19[1] **and** had **severe or critical illness[2] or** are **severely immunocompromised[3]**, you should isolate at home until:
   - At least 20 days have passed since your symptoms first started **and**
   - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
   - Your other symptoms have improved.
3) If you **did not have any symptoms** consistent with COVID-19[1], you should isolate at home until:
   - 10 days have passed since your first positive COVID-19 test was done.
4) If you **did not have any symptoms** consistent with COVID-19[1] **and** are **severely immunocompromised[3]**, you should isolate at home until:
   - 20 days have passed since your first positive COVID-19 test was done.

[1]**Symptoms consistent with COVID-19** are listed on the back of this sheet.
[2]**Mild/moderate and severe/critical illness** are explained on the back of this sheet.
[3]**Severely immunocompromising medical conditions** are listed on the back of this sheet.

How long should I isolate at home if I tested positive for COVID-19?

Did you have any **symptoms consistent with COVID-19**[1]?

YES

How **severe was your illness**[2] from COVID-19?

Severe/Critical

You should isolate at home until:

- **20 days** have passed since your first positive COVID-19 test was done.

Mild/Moderate

Are you **severely immunocompromised**[3]?

YES

You should isolate at home until:

- At least **20 days** have passed since your symptoms first started **and**
- At least 24 hours have passed since your fever resolved (without the use of medication) **and**
- Your other symptoms have improved.

NO

You should isolate at home until:

- At least **10 days** have passed since your symptoms first started **and**
- At least 24 hours have passed since your fever resolved (without the use of medication) **and**
- Your other symptoms have improved.

NO

Are you **severely immunocompromised**[3]?

YES

You should isolate at home until:

- **20 days** have passed since your first positive COVID-19 test was done.

NO

You should isolate at home until:

- **10 days** have passed since your first positive COVID-19 test was done.

[1]Symptoms consistent with COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Nausea or vomiting
- Diarrhea

[2]How severe was your illness from COVID-19?

Mild/Moderate means you:

- Were not admitted to the intensive care unit (ICU)

Severe/Critical means you:

- Were admitted to the intensive care unit (ICU)

[3]Severely immunocompromised means you have:

- Been taking chemotherapy for cancer recently;
- HIV and a CD4 T-cell count <200;
- An immunodeficiency disorder;
- Been taking high-dose steroids (like prednisone 20 mg/day for >14 days); **or**
- Another condition that a healthcare provider has told you makes you severely immunocompromised.

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Additional Home Isolation Guidance is on the other side of this sheet.

For more information visit: Maricopa.gov/COVID

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