



Novel Coronavirus (COVID-19)

Patient Instructions for Home Isolation

Follow these steps if you:

- Have been confirmed or suspected of having COVID-19 (including persons under investigation) but do not need to be hospitalized
- Have been confirmed to have COVID-19 and were hospitalized and have now been determined you are medically stable to go home

Your doctor and public health staff will let you know if you can stay home while you are recovering. If they decide you do not need to go to the hospital, you will be monitored by staff from your local or state health department. Be sure to follow the steps below until your doctor or public health staff tell otherwise.

- **Stay home except to get medical care** – You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.
- **Separate yourself from other people and animals in your home** – *People:* 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. *Animals:* You should limit your contact with pets and other animals.
- **Wear a facemask** – You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter your doctor's office. 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.
- **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.
- **Clean your hands often** – Wash your hands often with soap and water for at least 20 seconds or 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. Do not touch your eyes, nose, and mouth with unwashed hands.
- **Do not share personal household items** – You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding. After using these items, they should be washed with soap and water.
- **Clean all commonly used surfaces everyday** – Clean high traffic areas or any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe.
- **Monitor your symptoms** – Seek immediate medical attention if you feel you are getting worse (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 clinic. If you have a medical emergency and need to call 911, let them know that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.
- **Discontinuing home isolation** – 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 should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

CommUnityCare is dedicated to providing you with the highest level of care. If you have any questions or concerns ask your provider and/or health care worker for help.

