

Guidelines for You and Others in Your Home with Known or Suspected COVID-19 Infection



If you or someone in your home have mild symptoms that may be caused by COVID-19 and do not require hospital treatment, please follow these guidelines.

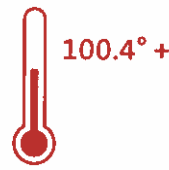
What are the symptoms for COVID-19?

The most common symptoms of COVID-19 are recent onset of fever, cough, shortness of breath, runny nose, sore throat, and chest pain. For 8 out of 10 people, COVID-19 infections are mild.

Symptoms of COVID-19 include:



Cough



Fever



Shortness of Breath

What should you know if you are diagnosed with or suspected of having COVID-19?

- You do not need to be tested for COVID-19 if you are well enough to stay at home.
- You should stay at home unless you need to seek necessary medical care.
- Wash your hands frequently for at least 20 seconds. Use soap and water or alcohol-based hand sanitizer (greater than 60% alcohol).
- Avoid touching your face.
- Alert your provider if you feel that you can no longer manage your symptoms safely at home. For a medical emergency, dial 911.

What you should do if you develop symptoms of COVID-19?

Begin home isolation for yourself AND everyone in your household

It's very important for anyone who has symptoms to stay at home. Anyone else in the house also needs to stay at home. Staying at home will help control the spread of the virus to friends, the wider community and high-risk groups of people.



The virus usually spreads from close person-to-person contact through respiratory droplets from coughing and sneezing.

14
days



Symptoms may develop within 14 days of exposure to the illness.

Important things to remember when on home isolation

- Stay at home.
 - If you or a member of your household have symptoms, follow the 7+3 Guidelines for Home Isolation.
 - If you or a member of your household do not have symptoms, follow the 14-Day Self-Monitoring Period.
- Do not leave your home EXCEPT to seek medical care. Call ahead when possible. Do not go to work, school or public areas. If possible, do not leave your home even to buy food or other essentials.
- Avoid the use of public transportation, ride shares and taxis.

7+3 Guidelines for Home Isolation

If you have mild symptoms of COVID-19, stay at home to meet the following "7+3" conditions:

- Stay at home for at least 7 days since your symptoms first appeared, and at least 3 days after recovery. Recovery is defined as being fever-free without using fever-reducing medicines (e.g., acetaminophen) and improvement in respiratory symptoms (e.g., cough, shortness of breath).
- To see a sample timeline, see Calendar Example 1 at the end of this document.

14-Day Self-Monitoring Period

All other household members who remain well must stay at home. Do not leave your home for 14 days. This 14-day period begins on the last day that you or your household member had close contact with the person showing symptoms.

- To see a sample timeline, see Calendar Example 2 at the end of this document.

Each person in the household should do the following:

- Take your temperature at least once a day, preferably between 4 pm and 8 pm.
- Record your temperature and symptoms daily. If you develop symptoms during the 14-Day Self-Monitoring Period, stay at home and begin the 7+3 Guidelines for Home Isolation.
- Stop home isolation when you meet the 7+3 Guidelines for Home Isolation.