

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.