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

Check the CDC web site for the latest list of COVID-19 symptoms.