**Home Isolation Guidance for People with COVID-19 (Updated 8/7/20)**

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

**YES**

How severe was your illness from COVID-19?

- **Mild/Moderate**
  - Are you severely immunocompromised?
    - **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.
    - **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.

- **Severe/Critical**

- **NO**

Are you severely immunocompromised?

- **YES**
  - You should isolate at home until: 
    - 20 days have passed since your first positive COVID-19 test was done.

- **NO**

Maricopa County Public Health

Additional Home Isolation Guidance is on the other side of this sheet.
For more information visit: Maricopa.gov/COVID
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**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
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Check the CDC website for the latest list of symptoms.

**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.