

Home Isolation Guidelines for Individuals with Symptoms of COVID-19 OR a Positive Test Result for COVID-19

If you have symptoms of COVID-19 (fever, cough, shortness of breath) and have not been tested, or if you have received a positive test result for COVID-19, you should follow the steps below until you meet the criteria listed below for discontinuing home isolation in order to prevent the spread of COVID-19 to other people:

- **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. Do not use public transportation, ride-sharing, or taxis.

- **Separate yourself from other people in your home**

As much as possible, you should stay in a specific room and away from other people in your home (at least 6 feet whenever possible). Also, you should use a separate bathroom, if available. Restrict visitors who do not have an essential need to be in the home. You should not be responsible for caring for others.

- **Call ahead before visiting your doctor**

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's take steps to keep other people from getting infected or exposed. Seek prompt medical attention if your illness is worsening (for example, shortness of breath or difficulty breathing). Before seeking care, call your healthcare provider and tell them that you are a person who is confirmed to have, or being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed.

- **Wear a facemask**

You should wear a facemask when you are around other people (for example, sharing a room or vehicle) and before you enter a healthcare provider'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 are in the same room as you.

- **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 and immediately clean your hands with either alcohol

based hand rub or soap and water.

- **Clean your hands**

Clean your hands often. Wash thoroughly with soap and water for at least 20 seconds. Alternatively, if your hands are not visibly dirty, you can use an alcohol-based hand rub with at least 60% alcohol, rubbing on all surfaces of the hands until dry. Avoid touching your eyes, nose and mouth with unwashed hands.

- **Avoid sharing personal household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and hot water.

- **Discontinuing home isolation**

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- **If you have experienced symptoms:**

- At least 10 days have passed *since your symptoms first appeared*

AND

- You have had no fever for at least 24 hours (without the use of fever-reducing medications)

- **If you never experienced symptoms:**

- At least 10 days have passed *since your positive test result* (assuming that you do not develop symptoms **after** your positive test – if you develop symptoms after testing positive, use the “If you have experienced symptoms” criteria above to determine when it is safe to discontinue isolation).

Please note: Letters for work must come from a health care provider. The Larimer County Department of Health and Environment does not have, and cannot provide, you with a letter clearing you to go back to work. Public health does not require people to have a negative test to return to work. If your employer is requiring this, you may want to contact your doctor, or another health care provider, or direct your employer to our Joint Information Center at 970-498-5500.