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# Home isolation in case of possible COVID-19

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## ABSTRACT

This is our family protocol for isolation in case one of us (parents) has symptoms which could be consistent with COVID-19.

After a light scare a few days ago that required SARS-CoV-2 testing, we realized just how much we did wrong in immediate response, despite 7 months of living in the pandemic.

This is a protocol for our family of two adults and two kids in a small 3-bedroom/1-bathroom apartment; please use it to make your own plans, as appropriate for your family and living situation.

## DOI

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## PROTOCOL CITATION

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- 1 At the onset of symptoms, start wearing a mask immediately, whether at home or in the car.

2 Schedule a SARS-CoV-2 test

3 Person with symptoms isolates in the parents' bedroom with the door always closed.



Move the folding table, monitor, chair to the kid's bedroom if needed for the other parent's work.

4 Wear a mask for restroom trips. Sanitize surfaces when done.



Have others wait 🕒00:30:00 before using the restroom.

Use a potty for urination throughout the day to minimize number of trips to the restroom.

5 Use Zoom/FaceTime to see kids/spouse; do not allow other family members into the bedroom.

6 Remember that SARS-CoV-2 PCR tests have a high false negative rate.



Steven Woloshin, M.D., Neeraj Patel, B.A., and Aaron S. Kesselheim, M.D., J.D., M.P.H. (2020). False Negative Tests for SARS-CoV-2 Infection — Challenges and Implications. New England Journal of Medicine.

<http://10.1056/NEJMp2015897>

If test results come back negative, continue isolation until symptoms are gone.