



Sep 27, 2020

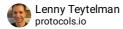
Home isolation in case of possible COVID-19

Lenny Teytelman¹

¹protocols.io

Other

dx.doi.org/10.17504/protocols.io.bmskk6cw



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

dx.doi.org/10.17504/protocols.io.bmskk6cw

PROTOCOL CITATION

Lenny Teytelman 2020. Home isolation in case of possible COVID-19. **protocols.io** https://dx.doi.org/10.17504/protocols.io.bmskk6cw

LICENSE

This is an open access protocol distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited

CREATED

Sep 27, 2020

LAST MODIFIED

Sep 27, 2020

PROTOCOL INTEGER ID

42540

DISCLAIMER

DISCLAIMER - FOR INFORMATIONAL PURPOSES ONLY; USE AT YOUR OWN RISK

The protocol content here is for informational purposes only and does not constitute legal, medical, clinical, or safety advice, or otherwise; content added to protocols.io is not peer reviewed and may not have undergone a formal approval of any kind. Information presented in this protocol should not substitute for independent professional judgment, advice, diagnosis, or treatment. Any action you take or refrain from taking using or relying upon the information presented here is strictly at your own risk. You agree that neither the Company nor any of the authors, contributors, administrators, or anyone else associated with protocols.io, can be held responsible for your use of the information contained in or linked to this protocol or any of our Sites/Apps and Services.

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

Citation: Lenny Teytelman (09/27/2020). Home isolation in case of possible COVID-19. https://dx.doi.org/10.17504/protocols.io.bmskk6cw

- 9 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.