

Coronavirus Disease 2019 (COVID-19) Self-Isolation Guide

If you have tested positive for COVID-19, or have symptoms of COVID-19, please follow these guidelines for self-isolation.

Self-Isolation - You must stay at your home and isolate from other people, including those you live with. You may not go out in public places - not even to the grocery store or to run other errands. You also may not visit with other people outside of your home, and you may not invite others into your house to visit.

If you have a medical emergency, call 911. Tell them your symptoms and that you are isolated due to COVID-19.

If you have symptoms of COVID-19 (whether or not you had a COVID-19 diagnostic test) you must stay at home until:

- At least 10 days have passed since your symptoms first appeared
- AND**
- At least 24 hours (1 day) have passed since recovery (resolution of fever without the use of fever-reducing medications **and** improvement in symptoms)



If you do NOT have symptoms of COVID-19 (but have had a positive COVID-19 diagnostic test) you must stay at home until:

- At least 10 days have passed since the date of your first positive COVID-19 diagnostic test, assuming you have not subsequently developed symptoms since your positive test.

Monitoring: Staying in contact with the health department is a requirement of isolation. Someone from the health department will call you daily to check in to see how you are feeling and ensure you have the support needed to maintain isolation. If the health department is unable to contact you, a wellness check at your home may be conducted. Once isolation is complete, you will receive a letter documenting your completion. This may be helpful to notify your employer you may return to work.

Please review these resources to help keep your home clean and protect others:

- [Using Cloth Face Covering to Help Slow the Spread of COVID-19](#)
- [What to do if you are sick](#)
- [Caring for yourself at home](#)
- [Preventing the spread of COVID-19 in homes](#)
- [Cleaning and disinfection guide](#)