



SELF ISOLATION

This guidance is for:

- People with *confirmed or suspected* COVID-19
- People with confirmed COVID-19, who were hospitalized and then determined to be medically stable to go home

These recommendations are based on what is currently known about [COVID-19](#) and its transmission. The Central Connecticut Health District will update this guidance as needed and as additional information becomes available. This guidance will help prevent the virus from spreading among people in your home and in other residential communities. Self-isolation is an effective precautionary measure to protect those around you – your family, friends, and colleagues – from contracting COVID-19. Be aware that [individuals over the age of 60 and/or individuals with chronic conditions are at a greater risk of experiencing serious complications](#) from COVID-19.

Self-isolation means completely avoiding contact with other people. You need to do this if:

- you have had a positive test result for coronavirus
- you have symptoms consistent with COVID-19—Fever and Cough and/or shortness of breath

Guidance for Individuals who are Self Isolating:

- ✓ **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. Also, you should use a separate bathroom and shower, if possible.
- ✓ **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 to any public areas. Avoid using public transportation, [ride-sharing](#), or taxis.
- ✓ **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 office take steps to keep other people from getting infected or exposed.

- ✓ **If available, wear a facemask if you are sick and need to be near people.** You should wear a facemask when you are around other people (e.g., 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 enter your room.
- ✓ **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. Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- ✓ **Clean your hands often:** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- ✓ **Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- ✓ **Avoid touching your eyes, nose, and mouth.**
- ✓ **Clean all “high-touch” surfaces every day.** Use a household cleaning spray or wipe, according to the label instructions.
- ✓ **Fold and put away only your laundry.** Do not shake dirty clothes or fabrics. Frequently wash your own towels and bedding.
- ✓ **Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste.** Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.

Monitor your Symptoms Daily

Keep a daily log of your temperature and any medications you are taking (prescription and over the counter).

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). If you develop [emergency warning signs for COVID-19](#) get medical attention immediately.

Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- *This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call ahead and notify first responders and medical providers that you are on home Isolation for COVID-19. This is critical to protect our health care and emergency services.

When Can I Discontinue Self-Isolation if I needed to isolate?

Patients with confirmed COVID-19 and/or symptoms should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. There are two strategies for this: symptom-based or test-based.

Symptom-based:

- No fever for at least 72 hours (three full-days without the use of medicine that reduces fever)
AND
- Other symptoms have improved (cough or shortness of breath have improved)
AND
- At least 10 days have passed since your symptoms first appeared

Test-based

- No fever for at least 72 hours (three full-days without the use of medicine that reduces fever)
AND
- Other symptoms have improved (cough or shortness of breath have improved)
AND

- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens).

Patients with confirmed COVID-19 without symptoms should remain under home isolation precautions until:

Time-based strategy:

- 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 the positive test.
- IF you develop symptoms, then the symptom-based or test-based strategy listed above should be used to determine when to discontinue isolation

Test-based strategy:

- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens).

More details on isolation are available at:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

Additional Resources:

Centers for Disease Control and Prevention: www.cdc.gov/coronavirus

Central Connecticut Health District: www.ccthd.org

CT State Department of Public Health www.ct.gov/coronavirus

If you have any questions, please contact the Central Connecticut Health District at 860-785-8380.