



COVID-19: Self-Quarantine, Self-Isolation, and Self-Monitoring Guidance

This guidance is intended for:

- People with confirmed or suspected COVID-19, including persons under investigation, who do not need to be hospitalized and who can receive care at home.
- Household members, intimate partners, and caregivers in a non-healthcare setting of a person with symptomatic, laboratory-confirmed COVID-19.

If you have confirmed COVID-19 infection, please follow the guidance below until you are directed to return to your normal activities. If you are being evaluated for COVID-19, you should follow the prevention steps until your healthcare provider informs you of your test result.

Cleaning and disinfecting while in the home is extremely important. See [How to Clean & Disinfect guidance](#) for individuals in Home Isolation/Quarantine guidance.

Prevention steps for people with confirmed or suspected COVID-19:

Stay home

- Stay at home except to get medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis.

Separate yourself from other people in your home

- As much as possible, you should stay in a different room from other people in your home. You should also use a separate bathroom, if available.

Wear a facemask

- Wear a facemask when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you.

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue (or into your upper sleeve) when you cough or sneeze. Dispose of used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds (or use alcohol-based hand sanitizer).

Wash your hands

- Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing household items

- You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

Monitor yourself for severe symptoms

- Symptoms of COVID-19 are fever, cough, and shortness of breath/difficulty breathing.
- Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face

- **Before** going to your appointment, call the medical provider. This will help the healthcare provider's office take steps to

keep other people from getting infected.

- Other symptoms can include a combination of two or more of the following: chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. If you develop symptoms, follow the prevention steps described above, and call your healthcare provider as soon as possible.

Recommended precautions for household members/others that may have close contact with people with confirmed or suspected COVID-19:

If you had close contact with someone who is a confirmed COVID-19 case, you should:

- Monitor your health starting from the last day you had contact with the person and continue for 14 days.
- Watch for these signs and symptoms:
 - * Fever (100.4° F or greater). Take your temperature twice a day.
 - * Cough
 - * Shortness of breath
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home and restrict pets from access to the patient as much as possible.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (that contains at least 60% alcohol).
- Avoid touching your eyes, nose, and mouth with unwashed hands.



If you are taking care of a family member who has tested positive for COVID-19:

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care.
- Help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19.
- The patient should wear a facemask when around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- Throw out disposable facemasks and gloves after using them. Do not reuse.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly ([see How to Clean & Disinfect guidance](#))
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them. ([see How to Clean & Disinfect guidance](#))
- Wash laundry thoroughly (adhering to precautions in Cleaning Guidance)

Further detail and updates can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>