

Home **Isolation** Guidance for People Who Test Positive or Have Symptoms Consistent with COVID-19* (Revised – 21 April 2021)

Isolation is for people who have tested **positive** or have **symptoms** consistent with COVID-19* and are waiting to be tested or diagnosed. It prevents the spread of COVID-19 by asking people who have COVID-19 (or those with symptoms) to stay away from others until they have fully recovered and can no longer transmit the virus.

If you have tested **POSITIVE** or have symptoms of COVID-19*, you need to stay **isolated** at home for a specified period of time — usually around 10 days.

“Stay isolated” means you need to:

- **Stay at home**, except to get essential medical care. This includes:
 - **Not going to work** (even if you work in an essential service[†]), **school, or public areas**
 - **Not using public transportation, rideshares, or taxis**
- **Separate** yourself from others in your home, as much as possible. Stay in a separate room and use a separate bathroom, if possible. **If you cannot separate from others at home, you need to wear a mask.**
- **Cover** your coughs and sneezes with a tissue or your elbow.
- **Wash your hands** often with soap and warm water for at least 20 seconds.
- **Avoid touching** your eyes, nose, and mouth.
- **Do not share household items** like dishes, cups, eating utensils, and bedding.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Cancel** all non-essential medical appointments and call ahead to your provider before you attend essential medical appointments.
- **Monitor your symptoms** and seek medical care if your illness is worsening. **Before** going to your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, COVID-19.

The number of days you need to stay **isolated** at home **depends on**:

- Your COVID-19 test result;
- Your symptoms;
- If you were a close contact of someone with COVID-19;
- If you are fully vaccinated or have previously had COVID-19;
- How sick you were; and
- If you are severely immunocompromised.



Follow the **Home Isolation Flow Chart** on the back of this page to determine how long you need to **isolate** at home.

*Symptoms of COVID-19 can range from mild to severe illness and may include:

- Cough
- Shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Headache
- Fatigue (not as a sole symptom in the school setting)
- Nausea or vomiting, diarrhea
- Sore throat, congestion or runny nose
- New loss of taste or smell.

Check the [CDC web site](https://www.cdc.gov/covid19/symptoms) for the latest list of COVID-19 symptoms.

[†]Essential Services are defined by Governor Ducey’s Executive Order 2020-12, see: https://azgovernor.gov/sites/default/files/eo_2021.pdf

COVID-19 Home Isolation Guidance Flow Chart

Revised – 21 April 2021 – As recommendations have multiplied, font size has gotten smaller. Consider printing on larger paper or zoom-in on computer.

***Symptoms of COVID-19** can range from mild to severe illness, may appear 2 to 14 days after exposure, and may include:
 Cough
 Fever or chills
 Nausea or vomiting, diarrhea
 Fatigue (not as sole symptom in school setting)
 Shortness of breath or difficulty breathing
 Muscle or body aches
 Sore throat
 New loss of taste or smell.
 Headache
 Congestion or runny nose

START HERE

Have you experienced any symptoms* consistent with COVID-19?

†Previous COVID-19 infection? If you previously tested positive for COVID-19 by PCR or antigen test, have recovered, and completed your isolation period **within the last 90 days**, you do **not** need **isolate** if you test positive for COVID again.

YES, I have/had symptoms

Are you a close-contact** of someone with COVID-19?

****Close Contacts** are people who were **within 6 feet** of a person with COVID-19 while infectious for a **cumulative total of 15 minutes or more over a 24-hour period** or who had **physical contact** with a person with COVID-19 while infectious, regardless of whether masks were worn.

NO, I haven't had symptoms

Are you a close-contact** of someone with COVID-19?

YES, I'm a close-contact

Have you been fully vaccinated against COVID-19† and/or did you have COVID-19‡ in the past 90 days?

NO, not a close-contact

Did you get a PCR or Antigen Test§ for COVID-19 and do you know your result?

NO, not a close-contact

Did you get a PCR or Antigen Test§ for COVID-19 and do you know your result?

YES, I'm a close contact

Did you get a PCR or Antigen Test§ for COVID-19 and do you know your result?

†You are fully vaccinated against COVID-19 if you received your **2nd** dose of a 2-dose vaccine series (or **1st/only** dose of a 1-dose vaccine series) at least 14 days ago.

YES, I'm fully vaccinated† and/or had COVID-19 previously‡

Did you get a PCR or Antigen Test§ for COVID-19 and do you know your result?

NO, not tested or YES, NEGATIVE result

You do **not** need to isolate. Testing isn't needed for most people **without** symptoms who are **not** close-contacts, but is available to everyone.

YES, but no result yet.

You do not need to isolate **for now**, but you must **re-evaluate** when you receive your test result.

YES, POSITIVE result

You **must isolate** until it has been at least **10 days** since your test sample was taken.

YES, NEGATIVE result, or YES, but no result yet, or NO, not tested

You **may** be subject to **QUARANTINE**. See the **QUARANTINE** guideline at: Maricopa.gov/COVIDquarantine

NO, not vaccinated and no previous COVID-19.

Regardless of any test result, you **must isolate** until it has been at least **10 days** since your symptoms appeared, **and 24 hours** since your last fever without the use of fever-reducing medication, **and** your other symptoms have improved.

The same **EXCEPTIONS** apply for the **"YES, POSITIVE result"** guideline at right.

YES, NEGATIVE result

You **must isolate** until it has been at least **24 hours** since your last fever without the use of fever-reducing medications **and** your other symptoms have improved.

YES, but no result yet, or NO, not tested

Begin by following the **"YES, POSITIVE result"** guideline at right, then **re-evaluate** when you receive your result.

YES, POSITIVE result

You **must isolate** until it has been at least **10 days** since your symptoms appeared, **and 24 hours** since your last fever without the use of fever-reducing medications, **and** your other symptoms have improved.

§PCR or Antigen tests for COVID-19 generally require a nose or throat swab or saliva sample. If you received a **blood** test, this was not a PCR or Antigen test, and you should follow the instructions for **NO, not tested**.



SPECIAL EXCEPTION

Alternate Infectious Illness
If your doctor will provide a note attesting that you have a different, **lab-confirmed**, infectious illness (e.g., Strep throat, influenza) causing your symptoms, you may follow the guideline for **"YES, NEGATIVE result"** above.

SPECIAL EXCEPTION

Known Chronic Non-Infectious Condition
Isolation is **not** necessary if your symptoms are caused by a known chronic **non-infectious** condition (e.g., allergies, asthma). A doctor should provide a note confirming this **in the school setting only**.

SPECIAL EXCEPTION

Serious COVID Illness
If you were admitted to an ICU due to your COVID illness, you must isolate for **20 days** since your symptoms appeared, **and 24 hours** since your last fever without the use of fever-reducing medications, **and** your other symptoms have improved.

SPECIAL EXCEPTION

Severe Immunocompromise
If you are severely immunocompromised, you must isolate until it has been **20 days** since your symptoms first appeared (or longer as your doctor determines), **and 24 hours** since your last fever without the use of fever-reducing medications, **and** your other symptoms have improved.

SPECIAL EXCEPTION

Serious COVID Illness
If you were admitted to an ICU due to your COVID illness, you must isolate for **20 days** since your positive test sample was taken.

SPECIAL EXCEPTION

Severe Immunocompromise
If you are severely immunocompromised, you must isolate until it has been **20 days** since your positive test sample was taken (or longer as your doctor determines).



Serious illness – e.g. hospitalized in an Intensive Care Unit (ICU). For more details, see: www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.htm

Severe immunocompromise may include being on chemotherapy for cancer, untreated HIV infection with CD4 T lymphocyte count < 200, combined primary immunodeficiency disorder, use of prednisone >20mg/day for more than 14 days, or hematopoietic stem cell or solid organ transplant in past year.