

COVID-19 SELF-ISOLATION GUIDELINES

- Stay home or in a comparable setting as much as possible for 14 days:
 - o Work from home/do not report to work.
 - o Only go to public spaces for necessities such as groceries and the pharmacy.
 - o Continue healthy, non-group activities like walking, hiking, jogging, cycling and other activities that maintain distance from other people.
- Don't gather in group settings.
- Avoid mass gatherings.
- Maintain distance (approximately six feet or two meters) from others.
- If you need to travel, use a private vehicle instead of taking buses, rideshares, flights, or other transportation that puts you in contact with other people.
- Continue to operate critical business functions, such as delivery of goods and operation of businesses, with social distancing and additional safety measures in place.

Community transmission is likely increasing across the state, so these measures are important to implement everywhere but are particularly urgent for communities that are already experiencing high rates of community transmission. If you are experiencing symptoms (cough, fever and shortness of breath), you must be isolated for at least 7-10 days after the onset of symptoms. **It is only safe to leave isolation if your symptoms are improving and you don't have a fever for 72 hours immediately prior to the end of your isolation. Isolation may be longer for individuals who have more severe illness.**



How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
 - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
 - AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
 - AND
 - at least 7 days have passed since your symptoms first appeared
 - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use medicine that reduces fevers)
 - AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
 - AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow [CDC guidelines](#).

In all cases, **follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider** and state and local health departments. Local decisions depend on local circumstances.