

Isolation Guidelines

COVID-19 Patient Instructions for Home

What to do if I have confirmed or suspected coronavirus disease (COVID-19)

If you are sick and have been diagnosed with COVID-19 or suspected to have COVID-19 because you have been exposed to someone with COVID-19, please see the information below and follow the recommended steps to help prevent the disease from spreading to people in your home and community.

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a respiratory disease caused by a newly identified virus called SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2). The most common symptoms of the disease are fever, cough, and shortness of breath. Most people with COVID-19 will have a mild illness as a result of infection, but some people will get sicker and may need to be hospitalized.

If you have been exposed to someone with laboratory-confirmed COVID-19 and are experiencing fever with either cough or shortness of breath, you might have COVID-19.

What should I do if I think I have COVID-19 or if I am still awaiting coronavirus test results at home?

Be aware of your medical history and risk factors. If you were exposed to someone with a confirmed case of COVID-19, and have any of the following conditions that may increase your risk for a serious infection — age 60 years or over, are pregnant, have difficulty breathing, or have other underlying medical conditions — contact your physician's office immediately. They may want to monitor your health more closely or test you for exposure to the virus.

Call ahead before visiting your doctor or the Emergency Department. If you have an upcoming medical appointment, call your health care provider and tell them that you may have COVID-19. This will help the provider's office take steps to keep other people from getting infected or exposed. Depending on your symptoms, the provider may suggest other options besides an in-person hospital visit, such as an online visit or a video visit.

What if I am showing symptoms of COVID-19?

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 public areas. Avoid using public transportation, ride-sharing, or taxis. Separate yourself from other people and animals in your home. 2

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 clean your hands with an alcohol-based sanitizer.

Wear a facemask. You should wear a facemask when you are around other people (for example, sharing a room or vehicle) or pets, and before you enter a health care provider's office.

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What if I have a confirmed COVID-19 infection?

As much as possible, you should stay in a specific room in your home. Also, you should use a separate bathroom, if available. Try to stay away from other people in your household.

Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are preferred if hands are visibly dirty.

Clean all "high-touch" surfaces. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe.

Monitor your symptoms. Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID19. If possible, put on a facemask before emergency medical services arrive.

When can I discontinue these precautions?

Discontinuing home isolation: Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

Additional information for your household members, intimate partners, and caregivers is available at:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html> or

<https://www.ahn.org/coronavirus>



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