

# Self-Isolation for Individuals Being Evaluated for COVID-19

The Minnesota Department of Health (MDH), using U.S. Centers for Disease Control and Prevention (CDC) guidelines, has determined that you should practice self-isolation and self-monitoring in order to protect yourself and your community from COVID-19 (novel coronavirus). This decision was made because you are being tested and awaiting results for COVID-19. For more details, please refer to CDC's [Interim Guidance for Preventing the Spread of Coronavirus Disease 2019 \(COVID-19\) in Homes and Residential Communities](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html) ([www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)).

## Self-Isolation



**Stay home.** If you need medical care, it is important you follow the instructions below. Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis.



**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, use a separate bathroom, if available. Avoid handling pets or other animals while sick.



**Wear a facemask** if you need to be around other people and cover your mouth and nose with a tissue when you cough or sneeze.



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



**Wash your hands** often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing 60% to 95% alcohol. Avoid touching your face with unwashed hands.

## Self-Monitoring



**Watch for worsening symptoms**, shortness of breath, or difficulty breathing.



**If you need medical care, contact your health care provider. If you need emergency medical attention during this time, call 911 and let them know you are being tested for COVID-19.**

If you have any questions please contact your health care provider or MDH at 651-201-5414.

This interim guidance is for staff at local and state health departments, infection prevention and control professionals, and healthcare personnel who are coordinating the home care and isolation<sup>1</sup> of people with confirmed or suspected COVID-19 infection, including persons under investigation (see **Criteria to Guide Evaluation of Persons Under Investigation (PUI) for COVID-19**, in referenced resources). This includes patients evaluated in an outpatient setting who do not require hospitalization (i.e., patients who are medically stable and can receive care at home) or patients who are discharged home following a hospitalization with confirmed COVID-19.

In general, people should adhere to appropriate transmission-based isolation precautions until the risk of secondary transmission is thought to be low. Current information on COVID-19 is limited, thus home precautions should be conservative based on general recommendations for other coronaviruses, like Middle Eastern Respiratory Syndrome (MERS), and may last up to 14 days.

This document does not apply to patients in healthcare settings. For interim healthcare infection prevention and control recommendations, see **Interim Infection Prevention and Control Recommendations for Patients with Known or Persons Under Investigation for Coronavirus Disease 2019 (COVID-19) in a Healthcare Setting** (in referenced resources). CDC will update this interim guidance as needed and as more information becomes available.

## Assess the suitability of the residential setting for home care

In consultation with state or local health department staff, a healthcare professional should assess whether the residential setting is appropriate for home care. Considerations for care at home include whether:

- The patient is stable enough to receive care at home.
- Appropriate caregivers are available at home.
- There is a separate bedroom where the patient can recover without sharing immediate space with others.
- Resources for access to food and other necessities are available.
- The patient and other household members have access to appropriate, recommended personal protective equipment (at a minimum, gloves and facemask) and are capable of adhering to precautions recommended as part of home care or isolation (e.g., respiratory hygiene and cough etiquette, hand hygiene);
- There are household members who may be at increased risk of complications from COVID-19 infection (e.g., older people and people with severe chronic health conditions, such as heart disease, lung disease, and diabetes).

## Provide guidance for precautions to implement during home care

A healthcare professional should

- Provide CDC's **Interim Guidance for Preventing Coronavirus Disease 2019 (COVID-19) from Spreading to Others in Homes and Communities** (in referenced resources) to the patient, caregiver, and household members; and
- Contact their state or local health department to discuss criteria for discontinuing any such measures.

### Footnotes

<sup>1</sup>Isolation is defined as the separation or restriction of activities of an ill person with a contagious disease from those who are well.

## Referenced resources

- Criteria to Guide Evaluation of Patients Under Investigation (PUI) for Coronavirus Disease 2019 (COVID-19): [www.cdc.gov/coronavirus/2019-nCoV/clinical-criteria.html](http://www.cdc.gov/coronavirus/2019-nCoV/clinical-criteria.html)
- Interim Infection Prevention and Control Recommendations for Patients with Known or Patients Under Investigation for Coronavirus Disease 2019 (COVID-19) in a Healthcare Setting: [www.cdc.gov/coronavirus/2019-nCoV/infection-control.html](http://www.cdc.gov/coronavirus/2019-nCoV/infection-control.html)
- Interim Guidance for Preventing Coronavirus Disease 2019 (COVID-19) from Spreading to Others in Homes and Communities: [www.cdc.gov/coronavirus/2019-ncov/guidance-prevent-spread.html](http://www.cdc.gov/coronavirus/2019-ncov/guidance-prevent-spread.html)

Additional information on Interim Guidance for Healthcare Professionals on human infections with COVID-19 is available online at [www.cdc.gov/coronavirus/2019-nCoV/clinical-criteria.html](http://www.cdc.gov/coronavirus/2019-nCoV/clinical-criteria.html)