



Positive COVID-19 Test

Home Isolation and Self-Monitoring Instructions

You have tested positive for COVID-19. To safeguard your health and prevent the spread of the virus, you should remain isolated at home until your healthcare provider or RiverStone Health tells you that it is safe to return to normal activities.

You should plan to remain in isolation for:

- 24 hours after you no longer have a fever without the use of fever reducing medications **and** symptoms have improved (e.g., cough, shortness of breath and others), **and**
- Ten days have passed since symptoms first appeared.

Please note:

- Accumulating evidence supports ending isolation and precautions for persons with COVID-19 using a symptom-based strategy. A test-based strategy is no longer recommended to determine when to discontinue home isolation.
- A limited number of persons with **severe illness** may still be infectious to others beyond the 10 days that may warrant extending duration of isolation for up to 20 days after symptom onset. Please consult with your primary care provider or RiverStone Health Public Health Services to assess appropriate timing for release from isolation.
- For persons who never develop symptoms, isolation and other precautions can be discontinued 10 days after the date of their first positive COVID-19 diagnostic test.

Instructions for home isolating and self-monitoring:

Stay home except to get medical care

- Do not go to work, school, or other public areas.
- Do not use public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

- Stay in a specific room away from other people in your home.

- Use a separate bathroom, if possible.
- Limit contact with animals in your home until more is known about the virus.
- When around pets or animals, wash your hands before and after contact and wear a facemask.

Monitor your symptoms

- Save the mask you received in your health provider's office for use at home.
- Record your temperature with date and time twice a day.
- Seek prompt medical attention if your illness is getting worse or you have difficulty breathing.
- If you have a medical emergency, call 911. Let the operator know that you are in isolation at home for COVID-19. If able, put on facemask before EMS arrives.

Wear a facemask

- When you are around other people or pets and before you enter a healthcare provider's office.
- If you are unable to wear a facemask at home, the people that you live with should wear a facemask if they enter your room. They should not stay in the room with you.

Cover your cough and sneezes

- Cover your mouth with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can immediately.
- Avoid touching your face with unwashed hands.
- Immediately wash your hands with soap and water or use alcohol based hand sanitizer.

Wash your hands often

Use soap and water to wash your hands. The preferred way to wash your hands is to follow these steps:

1. Wet hands under running water.
2. Apply soap.
3. Rub your hands together to create a lather.
4. Clean the front and back of your hands, in between your fingers, and under your nails for 20 seconds.
5. Rinse hands under running water then dry hands.
6. If unable to use soap and water, use alcohol-based hand sanitizer.
7. Use at least a nickel-sized amount of hand sanitizer.
8. Rub hands together and cover front and back of hands, and in between your fingers until they feel dry.

Avoid sharing household items

- Do not share food or drinks.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- After using household items, thoroughly wash them with soap and water. Use a dishwasher on high heat, if available.

Clean high-touch surfaces

High-touch surfaces should be cleaned daily or more often. These include: counters, tabletops, doorknobs, bathroom fixtures, light switches, toilets, phones, remote controls, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe according to label instructions.

Call ahead before going to see your doctor or healthcare provider

If it is an emergency, dial 9-1-1, let the dispatcher know you are being isolated for COVID-19, and your symptoms. Also call ahead if you have a medical appointment, or need to go to the hospital emergency room, and let them know you are being isolated for COVID-19, and your symptoms. The provider will give you advice on the next steps.

Wash laundry thoroughly

- Wear disposable gloves while handling soiled items and keep soiled items away from your body.
- Clean your hands immediately after removing your gloves.
- Use normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures for the fabric.

Dispose of protective gear properly

Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them in other household waste. Clean hands immediately after touching these items.

If you have questions about COVID-19 home isolation, please call the RiverStone Health Public Health Information Line at 406.651.6415 and leave a message. Calls are returned on weekdays Monday through Friday from 8 a.m. to 5p.m.

