ISOLATION PROTOCOL

What to do if you are sick with the novel coronavirus (COVID-19)
May 5, 2020

If you have tested positive for COVID-19 infection, or if a healthcare provider or public health official has told you that you are suspected to have COVID-19 infection based on your symptoms, you must follow the home isolation instructions below. These steps will help prevent the disease from spreading to others in your household and community. You should also follow these instructions if you have any symptoms of COVID-19, even if you have not been diagnosed. The symptoms of COVID-19 may include cough, shortness of breath or difficulty breathing, fever (measured temperature above 100.4 degrees Fahrenheit, or a feeling of feverishness), chills, repeated shaking with chills, muscle pain, headache, sore throat, and new loss of taste or smell.

Notify your close contacts of your illness so that they can also monitor themselves for symptoms. A “close contact” is anyone who was within 6 feet of you for 15 minutes or more, starting 48 hours before your symptoms began.

Stay home except to get medical care
You must not go outside your home unless you need medical care or in the event of an emergency, such as a fire. Do not go to work, school, or public areas, and do not use public transportation, Uber/Lyft, or taxis. If you are seeking medical care, you must call ahead to alert the healthcare provider that you have or may have COVID-19.

Separate yourself from other people and animals in your home
As much as possible, you should stay in a different room from other people in your home. You should use a separate bathroom, if available. The CDC currently recommends keeping 6 feet between yourself and others. Prohibit visitors to your home as much as possible.

Wear a face covering
You should wear a face covering (this can be a cloth, such as a bandanna or scarf, that covers your nose and mouth) when you are around other people (e.g., sharing a room or vehicle), pets, and before you enter a healthcare provider’s office. If you are not able to wear a face covering (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a face covering if they enter your room. CDC guidance on face coverings is found here: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.

Appropriate hygiene
Wash hands often with soap and water for at least 20 seconds. If handwashing with soap is not possible, use alcohol-based sanitizer with at least 60% alcohol to thoroughly cover all surfaces of your hands, then rub until they feel dry. Avoid touching your mouth, eyes, or nose with unwashed hands. If you cough or sneeze, do so into your elbow or use a tissue to cover your mouth.

1 Please check the DPH website for updates, as these guidelines may change based on CDC recommendations. Visit www.dph.ga.gov, scroll down to “COVID-19 in Georgia,” and click on “Administrative Order for Public Health Control Measures.” The updated Isolation Protocol is an embedded link at the end of the document.
Avoid sharing household items
You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

Clean and disinfect “high-touch” surfaces frequently
If surfaces are dirty, clean them with a detergent or soap and water prior to disinfection. For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective. Labels contain instructions for safe and effective use of the cleaning product, including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms
If you develop worsening symptoms (i.e., difficulty breathing) you should seek prompt medical attention. You must call your healthcare provider before seeking care and tell them that you have been diagnosed with COVID-19. You must wear a facemask before entering the healthcare facility to protect other patients and staff from being exposed.

If you have an emergency, call 911. You must notify emergency services that you have COVID-19 infection. Put on a facemask if possible before emergency services arrive.

Discontinuing home isolation
If you have experienced symptoms of COVID-19, you must remain in home isolation until:
- you have had no fever for at least 72 hours (that is, three full days of no fever without the use of a fever-reducing medicine);
  AND
- your other symptoms have shown progressive improvement;
  AND
- at least 10 days have passed since your symptoms first appeared.

If you were placed under home isolation due to a laboratory-confirmed positive test result but have experienced no symptoms of COVID-19, you may discontinue home isolation when at least 10 days have passed since the date of your first positive diagnostic test.

Contact information for the Georgia Department of Public Health (DPH): 1-866-PUB-HLTH (782-4584)