

Self-Isolation/Isolation at Home for Viral Illness

You have reported symptoms of a viral respiratory illness. During this time please follow the instructions below.

Close Contacts Should Also Follow These Recommendations:

- Make sure that you understand and can help the patient follow their health care provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- **Monitor your (the patient's) symptoms. If the patient is getting sicker, develops a fever not responsive to fever medication such as acetaminophen, develops increasing shortness of breath, or this is a medical emergency call his or her health care provider or call the Emergency Department and tell them you have a viral illness and describe the symptoms. This will help the health care provider's office take steps to keep other people in the waiting room from getting infected. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has a viral respiratory illness.**
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner, or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wear gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, or urine.
 - Throw out disposable facemasks and gloves after using them. Do not reuse.
 - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").

- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a household cleaning spray or wipe, according to the label instructions. 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.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
 - Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- Discuss any additional questions with your state or local health department or health care provider.

Patients with viral respiratory illness 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 should be made on a case by case basis in conjunction with your local primary care provider.

If you are practicing Self-isolation due to recent high risk travel (significant airline or cruise) or a Known Exposure to a Person with COVID-19 you should self-isolate for 14 days AND avoid work or other individuals for 14 days. If you develop symptoms (cough, shortness of breath, or fever) immediately call your Primary Care Provider, the Indian River Health Department, or CALL the Cleveland Clinic Indian River Nurse Call Center/Drive Through Testing at 772-226-4846. If this is a medical emergency go to the Cleveland Clinic Indian River Emergency Department or Call 911.

If you are practicing Self-isolation due to a recent viral respiratory illness with no travel or known COVID exposures - you can end home isolation and resume normal activities after a viral respiratory illness: (always check with your primary care provider)

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **AND**,
- At least 7 days have passed *since symptoms first appeared*
- *Once recovered, please continue to practice social distancing, good cough etiquette, and good hand hygiene.*

(modified from CDC <https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/hcp-return-work.html>)