

COVID-19 Positive Ambulatory Patient Management & Discontinuation of Isolation Protocol (Non-Healthcare Personnel)

Updated: August 13, 2020

1. Contact your healthcare provider for management of COVID-19 illness
2. Follow CDC self-quarantine guidance, with your specific instructions coming from the patient's healthcare provider:
 - Stay home except to get medical care & notify doctor in advance that you have COVID-19
 - Separate from other people and pets in home
 - Wear a facemask & cover coughs and sneezes
 - Clean commonly touched surfaces
 - Seek medical attention right away if illness worsens (SOB)
 - Do not discontinue self-quarantine until clearance from the patient's healthcare provider

When cleared from self-quarantine:

- Wear facemask at all times
- Practice physical distancing
- Strict adherence to hand hygiene, respiratory hygiene
- Self-monitor for symptoms and seek reevaluation for any symptoms

Symptoms

Symptoms:

Patients need to self-quarantine until:

- **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 symptoms (e.g., cough, shortness of breath, diarrhea); **AND**
- **At least 10 days** have passed since symptoms first appeared (at least 20 days have passed since symptoms first appeared if hospitalized in critical care for COVID-19 illness)

Then discontinue home self-quarantine WITH clearance from the patient's healthcare provider.

No Symptoms

No Symptoms:

Patients need to self-quarantine until:

- **At least 10 days** have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based strategy (noted above) should be used.

Then discontinue home self-quarantine WITH clearance from the patient's healthcare provider.

*NOTE: Patients who are previously COVID-19 positive who are undergoing procedures with anesthesia will need to follow the anesthesia hybrid-based approach to clearance.

Reference: CDC, July 20, 2020

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>