
Updated: June 29, 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

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 respiratory symptoms (e.g., cough, shortness of breath); AND
- At least 10 days have passed since symptoms first appeared

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

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.

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

*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, May 29, 2020