Home isolation while you wait for COVID-19 testing

While you’re waiting to be tested for COVID-19, you should behave like you have already tested positive. Here’s how to do that:

• Quarantine yourself at home. Stay in a single room away from others. Use a separate bedroom and bathroom, if available.

• Don’t share personal household items. Use your own set of dishes, utensils, towels, bedding and other household items. Wash them thoroughly after use.

• Clean all “high-touch” surfaces in your home daily, including counters, tables, doorknobs, bathroom fixtures, phones, keyboards and tablets.

• Clean your hands thoroughly and frequently. Wash your hands 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. Use soap and water if your hands are visibly dirty.

• Avoid touching your face with unwashed hands.

• Cover your mouth and nose with a tissue or your bent elbow when you cough or sneeze. Throw used tissues into a lined trash can, then wash your hands right away.

• Tell anyone else that you’ve been in contact with that you may have contracted COVID-19. They should follow the recommendations above and monitor their health for any signs of respiratory illness (fever, cough, shortness of breath).