



Coronavirus Disease 2019 (COVID-19) Outbreak: Person Under Investigation (PUI) & Close Contact At-Home Guidance

Updated March 12, 2020

This is a rapidly evolving situation. Recommendations will be updated and shared as new information becomes available.

If you HAVE or ARE BEING EVALUATED FOR COVID-19, you should:

- **Stay at home** except to get medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis.
- **Call ahead** before visiting your doctor.
- **Separate** yourself from others in the home.
- **Wear a facemask when in the same room with other people and when you visit a healthcare provider.**
- **Cover** your coughs and sneezes.
- **Wash your hands** and avoid touching your eyes, nose, and mouth.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Monitor your symptoms** and seek medical care if your illness is worsening.
 - **Before** going to your medical appointment, inform the healthcare provider that you have, or are being evaluated for, COVID-19.

You will be asked to stay in home isolation:

- If you have **tested positive** for COVID-19, you should remain in home isolation for **seven days** after your COVID-19 testing **OR** until **72 hours** after your fever and symptoms of acute infection are gone, **whichever is longer**.
- If you have a fever and respiratory symptoms and have not tested positive for COVID-19, you should stay home away from others until **72 hours** after your fever and symptoms or acute infection are gone.

If you LIVE or HAVE HAD CLOSE CONTACT with someone who has or is being evaluated for COVID-19, you should:

- **Monitor your health starting from the day you first had close contact with the person who has or is being evaluated for COVID-19, and continue for 14 days** after you last had close contact with the person.
- **If you do not have any symptoms, continue with your daily activities** such as work, school, or other public areas.
- **Watch for these signs and symptoms:**
 - Fever. Take your temperature twice a day.
 - Coughing.
 - Shortness of breath or difficulty breathing.
 - Other symptoms: chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.
- **Have only people in the home who are essential** to providing care for the person – other household members should stay in another home or place of residence. **If this is not possible**, they should stay in another room and be separated from the person as much as possible.
- **Wash your hands** and avoid touching your eyes, nose, and mouth
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding
- **Clean all “high-touch” surfaces**, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables with a diluted bleach solution or a household disinfectant that says “EPA-approved.”
- To make a diluted bleach solution, add 1 tablespoon bleach to 1 quart of water.

If you develop fever or any of the symptoms listed:

- **Call your healthcare provider right away.**
- **Before going to your medical appointment**, be sure to tell your healthcare provider about your close contact with someone who is confirmed to have or is being evaluated for COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected.
- Ask your healthcare provider to call the Pima County Health Department at (520) 626-6016 (available 24/7).