

## Instructions on Outpatient Isolation for Patients with COVID-19 Who Are Being Discharged to Home

December 2020

**In order to minimize the risk of further spread of COVID-19 infection to your household members, you should do the following:**

- You should remain in isolation until the following date: \_\_\_/\_\_\_/\_\_\_
- Most patients, except those who were in the ICU or on high-flow oxygen with COVID-19, or have severely weakened immune systems, should isolate for a total of 10 days from the date of first positive test result.
- Patients with weakened immune systems or who were in the ICU or on high-flow oxygen, should remain in isolation for a total of 20 days.
- Before ending your isolation, you should have 24 hours with no fever without taking a fever reducing medicine
- **While in isolation at home:**
  - Remain at home
  - Frequently wash your hands
  - Have others shop for your needs such as food; or arrange delivery if no one can help you
  - Do not have visitors
  - Isolate to your own bathroom and separate bedroom - if you are able
  - Wear a mask when around your household contacts
  - Maintain 6 feet or more of social distance
  - If possible, eat in a separate area **and** alone
  - Do not share dishes, cups/glasses, silverware, towels, or electronics (like a cell phone) with others in your home
  - Frequently clean and disinfect any shared areas like kitchens and bathrooms with a household disinfectant product
- If it is possible, your household contact should wear a mask when in shared areas of the living space

If you are interested in learning more you can visit [www.cdc.gov/covid19](http://www.cdc.gov/covid19)

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**Penn providers: Click [HERE](#) to review the Penn Medicine Isolation Discontinuation Guidelines to determine date your patient may come out of isolation.**