



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

Updated March 23, 2020

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

This guidance is for the general public. Business owners/workplace supervisors should utilize these guidelines in non-medical settings.

If you HAVE, ARE BEING EVALUATED FOR, OR HAVE SYMPTOMS CONSISTENT WITH 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 if available.**
- **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 with someone who has COVID-19, you should:

- **Stay home**, do not go to work, school, or public areas, and do not use public transportation or taxis.
- **Cover** your cough and sneeze.
- **Wash your hands** and avoid touching your eyes, nose, and mouth.
- **Monitor your health** and call your doctor if you develop symptoms.
- **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.

If you HAVE HAD CLOSE CONTACT with someone who has, is being evaluated for, or has symptoms consistent with 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 have had contact with an asymptomatic (showing no symptoms) person who has had contact with a symptomatic person (showing symptoms), you should:

- You may continue normal daily activities while following general recommendations such as frequent handwashing, regular disinfecting of high-touch surfaces, covering your coughs and sneezes and staying away from sick people.

If you have contact with an asymptomatic (showing no symptoms) person who has recently traveled to an area with local transmission, you should:

- You may continue normal daily activities while following general recommendations such as frequent handwashing, regular disinfecting of high-touch surfaces, covering your coughs and sneezes and staying away from sick people.

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.

Employers SHOULD NOT require testing for COVID-19 as a condition for returning to work unless advised by the Pima County Health Department.

Questions or concerns about COVID-19? Dial 2-1-1

For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/> OR www.pima.gov/covid19