Maricopa County Department of Public Health recommends that all employees/students/daycare attendees who have symptoms consistent with COVID-19* stay home and not return to work/school/daycare until they have met the MCDPH Home Isolation Guidance criteria (see flow chart on back or visit https://www.maricopa.gov/HomeIsolationGuide).

This recommendation applies regardless of whether the individual has been tested for COVID-19 or not and is advised to reduce overall risk of transmission of COVID-like illness before returning to work. Employees should notify their supervisor and stay home if they are sick.

It is not recommended that a sick individual be required to show a healthcare provider’s note or test result to confirm their illness to stay home, or to document their recovery before returning to work/school/daycare.

*Symptoms consistent with COVID-19 include:

- Fever
- Chills
- Cough
- Fatigue
- Difficulty breathing or shortness of breath
- Sore throat
- Muscle/body aches
- Headache
- New loss of taste/smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Check the CDC website for the latest list of symptoms associated with COVID-19. Symptoms caused by chronic medical conditions like allergies or controlled asthma do not require exclusion from work/school/daycare.

Updated: 9/21/20
COVID-19 Home Isolation Guidance - Flow Chart

**SYMPTOMS**
Have you experienced any symptoms consistent with COVID-19? *

**YES**
I have/had symptoms.

*Symptoms of COVID-19 may include:
- Cough
- Shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches, headache
- Fatigue
- New loss of taste or smell
- Sore throat, congestion or runny nose
*Symptoms can range from mild to severe illness and appear 2 to 14 days after exposure.

**PCR or Antigen Test for COVID-19**
Did you get a nose-swab or saliva test for COVID-19 and is your result available?

**NO**, including:
- I'm waiting for my result, or I got a blood test for COVID, or I haven’t been tested.

**RETESTED?**
If you completed isolation and later retested **POSITIVE** within 3 months of the onset of your symptoms (or date of your first positive test if you didn’t have symptoms), additional isolation is not usually recommended.

**POSITIVE**
Isolate until it has been at least:
- 10 days since your symptoms appeared,
  **AND** 24 hours since your last fever without the use of fever-reducing medication,
  **AND** your other symptoms have improved.

**SPECIAL EXCEPTIONS:**
- *Serious illness* or **Severe Immunocompromise**
  If you were admitted to an ICU* due to your COVID illness or you are severely immunocompromised**, you should isolate until it’s been at least:
  - 20 days since your symptoms appeared,
    **AND** 24 hours since your last fever without the use of fever-reducing medication,
    **AND** your other symptoms have improved.

**NEGATIVE**
Isolate for 10 days from when you were tested.

- If you develop any symptoms during your isolation, follow the guidance for people with symptoms instead.

**SPECIAL EXCEPTION:**
**Severe Immunocompromise**
Isolate for 20 days from when you were tested.

- If you develop symptoms during isolation, follow the guidance for people with symptoms instead.

**NO**, including:
- I’m waiting for my result, or I got a blood test for COVID, or I haven’t been tested.

**POSITIVE**
Isolate until it has been at least:
- 10 days since your symptoms appeared,
  **AND** 24 hours since your last fever without the use of fever-reducing medication,
  **AND** your other symptoms have improved.

**SPECIAL EXCEPTION:**
**Severe Immunocompromise**
Isolate for 20 days from when you were tested.

- If you develop symptoms during isolation, follow the guidance for people with symptoms instead.

**NEGATIVE**
No isolation needed.

Reduce your risk of future exposure to COVID-19 by following everyday precautions. See recommendations at: Maricopa.gov/COVID19

**SPECIAL EXCEPTION:**
Known Exposure to a Person with COVID-19
If you were exposed to someone with COVID-19 (within 6 feet for at least 10 minutes), follow the QUARANTINE guidelines instead of these isolation guidelines. See the QUARANTINE guidelines at: Maricopa.gov/COVIDQuarantine

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*Serious Illness* — e.g. hospitalized in an Intensive Care Unit (ICU). For more details, see: www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html

**Severe Immunocompromise** may include being on chemotherapy for cancer, untreated HIV infection with CD4 T lymphocyte count < 200, combined primary immunodeficiency disorder, use of prednisone >20mg/day for more than 14 days, or hematopoietic stem cell or solid organ transplant in past year.