



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

Updated July 20, 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 (TESTED) 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. Inform the healthcare provider that you have, or are being evaluated for, COVID-19.
- Separate yourself from others in the home.
- Wear a face cover if available 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.

If you have tested positive for COVID-19, including early or mild symptoms, you should be in isolation and stay away from others until:

- You have had no fever for at least 72 hours (three full days of no fever without the use of medicine that reduces fevers) **AND**
- Other symptoms have improved (for example, when your cough or shortness of breath have improved) **AND**
- At least 10 days have passed since your symptoms began.

If you develop symptoms of COVID-19, including early or mild symptoms, and are not tested or tested negative, you should be in isolation and stay away from others until:

- You have had no fever for at least 72 hours (three full days of no fever without the use of medicine that reduces fevers) **AND**
- Other symptoms have improved (for example, when your cough or shortness of breath have improved)

If you LIVE with someone who has COVID-19, you should:

- Stay at home for 14 days after separating yourself from the ill person, except to get essential medical care, prescriptions and food – wear a face cover when leaving your house. Do not go to work, school or any public areas (e.g., shopping centers, movie theaters, stadiums).
- 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.

- 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.
- Avoid sharing household items like dishes, cups, eating utensils, and bedding.
- Cover your cough and sneeze.
- Wash your hands and avoid touching your eyes, nose, and mouth.
- Watch yourself and other household members for these signs and symptoms. Call your doctor if you develop 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** (defined as being within 6 feet of the person for 15 minutes or more) who has, is being evaluated for, or has symptoms consistent with COVID-19, you should:

- Stay home for 14 days after separating yourself from the ill person, except to get essential medical care, prescriptions, and food – wear a face cover when leaving your house. Do not go to work, school or any public areas (e.g., shopping centers, hair salons, etc.)
- 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.
- Avoid sharing household items like dishes, cups, eating utensils, and bedding.
- Cover your cough and sneeze.
- Wash your hands and avoid touching your eyes, nose, and mouth.
- Wear a face cover when around others.
- Watch yourself and other household members 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 contact with an asymptomatic (showing no symptoms) person who has had contact with a symptomatic person (showing symptoms)**, you should:

- 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:

- 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 emergency warning signs for COVID-19, get medical attention immediately.

Emergency warning signs include*:

- Difficulty getting enough air
- Chest pain
- Change in alertness or responsiveness

- Bluish lips or face
- Rapid breathing

*This list is **not** all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

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