



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

Updated December 28, 2020

This guidance will be updated and shared as new information becomes available.

This guidance is for the public.

Business owners/workplace supervisors should utilize these guidelines in non-medical settings.

If you HAVE, ARE BEING TESTED FOR, OR HAVE SYMPTOMS OF 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 the bus, light rail, Lyft, Uber or taxis.
- Call ahead before going to your healthcare provider. Tell the provider that you have, or are being tested for, COVID-19.
- Separate yourself from others in the home.
- Wear a face cover when in the same room with other people and when you go to a healthcare provider.
- Cover your coughs and sneezes.
- Wash your hands often and do not touch your eyes, nose, and mouth.
- Do not share household items like dishes, cups, eating utensils, and bedding.
- Watch your symptoms and get medical care if your illness is worsening.

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

- You have had no fever for at least 24 hours without the use of medicine that reduces fevers **AND**
- Other symptoms have improved (for example, any cough, sore throat, stuffy nose, etc.) **AND**
- At least 10 days have passed since your symptoms began.

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

- You have had no fever for at least 24 hours without the use of medicine that reduces fevers **AND**
- Other symptoms have improved (for example, any cough, sore throat, stuffy nose, etc.) **AND**
- At least 10 days have passed since your symptoms began.

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

- You have had no fever for at least 24 hours without the use of medicine that reduces fevers **AND**
- Other symptoms have improved (for example, any cough, sore throat, stuffy nose, etc.)

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

- Separate yourself from the sick person.
- Stay at home for 14 days*, except to get 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).
- Only have people in the home who are needed to provide care for the sick 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 sick person as much as possible.
- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom faucets, 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.
- Do not share household items like dishes, cups, eating utensils, and bedding.
- Cover your cough and sneeze.
- Wash your hands and do not touch your eyes, nose, and mouth.
- Watch yourself and other household members for these signs and symptoms. Call your healthcare provider 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** with someone (being within 6 feet of the person for at least 15 minutes, kissed/hugged, etc.) who has, is being tested for, or has symptoms of COVID-19, you should:

- Stay home for 14 days* after separating yourself from the ill person, except to get medical care, prescriptions, and food.
- Wear a face cover when leaving your house and when around others.
- 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 faucets, 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.
- Do not share household items like dishes, cups, eating utensils, and bedding.
- Cover your cough and sneeze.
- Wash your hands often and do not touch your eyes, nose, and mouth.
- 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.

* The guidance of a 14-day quarantine period is still considered the safest way to prevent spreading the infection to others. The CDC now has 2 alternate quarantine periods as outlined below:

- 10-day quarantine period – No testing required AND only if there are no symptoms during daily monitoring. Monitor symptoms until day 14.
- 7-day quarantine period – If a PCR or antigen test is negative AND there are no symptoms during daily monitoring. The test may be performed on days 5, 6 or 7 of quarantine but not before. If the test is negative, quarantine can end on day 8 with continued daily monitoring for symptoms until day 14.

With both the 7- and 10-day methods of release from quarantine, individuals should continue to monitor themselves closely for any symptoms. If COVID symptoms begin after release from quarantine, individuals should immediately isolate again and contact their primary care doctor or the health department for evaluation and possible testing.

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 **and** follow general recommendations such as washing your hands often, regular disinfecting of high-touch surfaces, covering your cough 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

Please consult your healthcare provider for any other symptoms that are severe or concerning.

Before going to your medical appointment, **tell your healthcare provider about any close contact** with someone who is positive or is being tested for COVID-19 because they have symptoms. This will help the healthcare provider's office take steps to keep other people from getting infected.

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