



SELF-ISOLATION

Individuals who have travelled to high-risk areas or contacted patients with suspected or confirmed COVID-19 should be monitored for development of consistent symptoms and signs: fever, cough or dyspnea. Such clinical manifestations should prompt at least self-isolation with social distancing and clinician assessment for the need for medical evaluation. It is furthermore recommended that patients with confirmed COVID-19 infection **without pneumonia or comorbidities** be asked to self-isolate at home. This recommendation is for patients with mild symptoms only, no warning signs and no underlying health conditions. An appropriately qualified health professional should conduct an assessment to verify whether the residential setting is suitable for providing care; the health professional must assess whether the patient and family are capable of adhering to the precautions that will be recommended as part of isolation. Patients should use a single room and a single bathroom, minimise contact with other household members and wear a surgical mask if contact is necessary. At this time there is no evidence that domestic pets can spread COVID-19.

Household members and caregivers should:

- Wear face masks, gowns, and gloves when caring for the patient; remove and discard all when leaving the room and do not reuse.
- Dispose of used items in a container lined with a rubbish bag that can be removed and tied off or sealed before disposal.
- Wash hands for at least 20 seconds after all contact; an alcohol-based hand sanitiser is acceptable if soap and water are not available.
- N O T share personal items such as towels, dishes or utensils before thorough cleaning.

The decision to discontinue in-home isolation for patients with COVID-19 should be made on a case-by-case basis in consultation with clinicians and public health officials. This decision should consider disease severity, illness signs and symptoms, and results of laboratory testing for COVID-19 in respiratory specimens.



SOURCES*

Produced by the members of the National Health Library and Knowledge Service Evidence Team.[†] Current as at 16 March 2020. This rapid evidence review collates the best available evidence at the time of writing. Emerging literature or subsequent developments in respect of COVID-19 may require amendment to the information or sources listed in the document. Although all reasonable care has been taken in the compilation of content, the National Health Library and Knowledge Service Evidence Team makes no representations or warranties expressed or implied as to the accuracy or suitability of the information or sources listed in the document. This evidence summary is the property of the National Health Library and Knowledge Service and subsequent re-use or distribution in whole or in part should include acknowledgement of the service.

The following PICO(T) was used as a basis for the evidence summary:

P Population person location condition/patient characteristic	Person with COVID-19 requiring admission to acute hospital.
I Intervention length location type	Prevention, control and management.
C Comparison another intervention no intervention location of the intervention	
O Outcome	Optimal patient outcome. Containment of infection.

[†] Brendan Leen, Regional Librarian, HSE South, St. Luke's General Hospital, Kilkenny; Emma Quinn, Librarian, St. Luke's General Hospital, Kilkenny; Gethin White, Librarian, Dr. Steevens' Hospital, Dublin; Helen Clark, Librarian, Sligo University Hospital; Isabelle Delaunois, Librarian, University Hospital Limerick; Marie Carrigan, Librarian, St. Luke's Radiation Oncology Network, Dublin; Maura Flynn, Librarian, Midland Regional Hospital Tullamore; Pauline Ryan, Librarian, University Hospital Waterford; Ronan Hegarty, Librarian, Naas General Hospital; Shauna Barrett, Librarian, Cork University Hospital; Siobhan McCarthy, Librarian.



National Health Library and Knowledge Service | Evidence Team



* ClinicalKey. "Coronavirus: Novel Coronavirus (COVID-19) Infection." https://www.clinicalkey.com/#!/content/clinical_overview/67-s2.0-0e7112a3-e94d-4136-94ba-cfd9242ea43. [Accessed 16 March 2020]. Centers for Disease Control and Prevention. Interim Guidance for Discontinuation of In-Home Isolation for Patients with COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>. [Accessed 16 March 2020]. Centers for Disease Control and Prevention. Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for Coronavirus Disease 2019 (COVID-19). <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html>. [Accessed 16 March 2020]. UpToDate "Coronavirus disease 2019 (COVID-19)." <https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19>. [Accessed 16 March 2020].