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.
- NOT 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.
The following PICO(T) was used as a basis for the evidence summary:

Person with COVID-19 requiring admission to acute hospital.

Prevention, control and management.

Optimal patient outcome. Containment of infection.

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