



# Discontinuing Home Isolation and Return to Work Guidelines for COVID-19



## When should I end home isolation and return to work?

PIMC follows the below CDC guidelines to discontinue home isolation.

**If you have Confirmed COVID-19 or Suspected COVID-19 (meaning you did not get tested), you can leave isolation and go back to work when all the following are true:**

- It has been at least 10 days since your symptoms first started; AND
- You have had at least 24 hours with no fever at all; AND
- During those 24 hours, you have not taken any fever-reducing medication such as Tylenol, Acetaminophen, Advil, Ibuprofen, Aleve, or Naproxen; AND
- Other symptoms (cough, chills, aches, etc.) have become less severe or are no longer present

People may continue to test positive on a viral test long after they have recovered from COVID-19. If you meet all the above criteria, you are considered not contagious even if you continue to have a positive test.

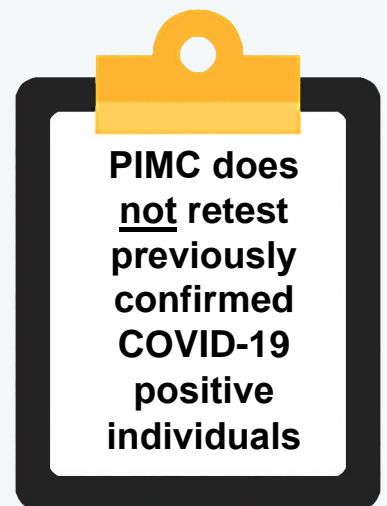
**If you have Confirmed COVID-19 but never had symptoms:**

- You can return to work 10 days after the date of your positive test.

## Retesting Previously Confirmed COVID-19 Positive Patients

PIMC will not retest people with Confirmed COVID-19.

- This is because some people will continue to have a positive viral tests for several weeks even though they are not considered contagious.
- Dead virus particles can still show up as a positive viral test but are not considered contagious.
- Retesting Confirmed COVID-19 patients can lead to people being out from work and in isolation longer than they need to be.



## Questions or Concerns?

Call the Phoenix Indian Medical Center Public Health Team at 602-248-4194; available every day of the week from 7:00am to 5:00pm