NEW MEXICO
DEPARTMENT OF
HEALTH

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Home Isolation Guidance for a Confirmed COVID-19 Case

Why am I being asked to self-isolate?

You are a confirmed COVID-19 case. You have been asked to self-isolate to minimize the possibility of passing on the infection to anyone else. COVID-19 is a virus that spreads mainly from person-to-person, i.e. between people who are in close contact with one another through respiratory droplets produced when an infected person coughs or sneezes. The droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

How long do I need to self-isolate?

Your self-isolation will end when the New Mexico Department of Health clears you from self-isolation after the following conditions are met:
1. At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., fever, cough, shortness of breath); **and**,
2. At least 7 days have passed since symptoms first appeared

What are the restrictions of self-isolation?

1. **Stay at home**. Do not go to work, school, stores, or other public places
   - Do not allow visitors into your home
2. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years and older, pregnant or have a health problem such as a chronic disease or a weak immune system.
3. Separate yourself from other people in your home as much as possible.
   - Stay in a specific room within your home, use a separate bathroom if available, and stay at least 6 feet from others
   - Avoid caring for children if possible
   - Do not prepare or serve food for others
   - Do not share dishes, drinking glasses, eating utensils, towels, or bedding
   - Do not handle pets or other animals if possible

How should I monitor my health during my self-isolation?

1. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
2. For medical emergencies, call 911 and notify the dispatch personnel that you have COVID-19.
3. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have COVID-19.