

These guidelines are from the CDC and provide recommendations that all should follow in the case of you or a patient/family member has been sick. If you have a patient coming to the office and they have reported that themselves or a family member has been sick you can advise them on when they can come to the office by following these guidelines. Otherwise they should return to or continue Teletherapy.

How to discontinue home isolation:

People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:

- **If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened:**
 - - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
AND
 - other [symptoms](#) have improved (for example, when your cough or shortness of breath have improved)
AND
 - at least 7 days have passed since your symptoms first appeared
- **If you will be tested to determine if you are still contagious, you can leave home after these three things have happened:**
 - You no longer have a fever (without the use medicine that reduces fevers)
AND
 - other [symptoms](#) have improved (for example, when your cough or shortness of breath have improved)
AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow [CDC guidelines](#).

In all cases, **follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.