ABSTRACT

This is our family protocol for isolation in case one of us (parents) has symptoms which could be consistent with COVID-19.

After a light scare a few days ago that required SARS-CoV-2 testing, we realized just how much we did wrong in immediate response, despite 7 months of living in the pandemic.

This is a protocol for our family of two adults and two kids in a small 3-bedroom/1-bathroom apartment; please use it to make your own plans, as appropriate for your family and living situation.

DOI

dx.doi.org/10.17504/protocols.io.bmskk6cw

PROTOCOL

CITATION

https://dx.doi.org/10.17504/protocols.io.bmskk6cw

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CREATED

Sep 27, 2020

LAST MODIFIED

Sep 27, 2020

PROTOCOL INTEGER ID

42540

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1 At the onset of symptoms, start wearing a mask immediately, whether at home or in the car.
Schedule a SARS-CoV-2 test

Person with symptoms isolates in the parents’ bedroom with the door always closed.

Move the folding table, monitor, chair to the kid’s bedroom if needed for the other parent’s work.

Wear a mask for restroom trips. Sanitize surfaces when done.

Have others wait \(00:30:00\) before using the restroom.
Use a potty for urination throughout the day to minimize number of trips to the restroom.

Use Zoom/FaceTime to see kids/spouse; do not allow other family members into the bedroom.

Remember that SARS-CoV-2 PCR tests have a high false negative rate.

http://10.1056/NEJMp2015897

If test results come back negative, continue isolation until symptoms are gone.

Citation: Lenny Teytelman (09/27/2020). Home isolation in case of possible COVID-19. https://dx.doi.org/10.17504/protocols.io.bmskk6cw

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