

## Home quarantine guidance for close contacts to COVID-19

This guidance is for people who were in close contact with someone with Coronavirus Disease 2019  
*If you are a health care worker or first responder, please refer to guidance from your employer.*

### Why am I required to self-quarantine?

You have been in close contact with someone who has COVID-19.

Even though you feel well now, it is possible that you will develop COVID. It can take 2–14 days to develop COVID after you were exposed either with or without symptoms.

- Quarantine – stay home, separate yourself from others for 10 days so you do not infect anyone else**
- Get tested but continue to quarantine for 10 days even if your test is negative**
- Continue to monitor your health and check for symptoms for 14 days**
- Day 11-14 be extra careful to always wear a face covering and stay at least 6 feet away from others**
- Stay away from persons at high risk of getting very sick from COVID for the full 14 days**

### I already had COVID – do I need to self-quarantine?

If you tested positive for COVID-19 within the past 3 months and recovered you do not have to quarantine or get tested again if you do not have symptoms.

### How long do I need to self-quarantine?

Stay in quarantine for 10 days from when you last had close contact with the person with COVID-19. The person who has COVID-19 should isolate at home, in a separate room.

### If you live with and/or care for the person with COVID-19, the quarantine guidance is as follows:

- Your quarantine will end 10 days after the household started to follow home quarantine restrictions
- If you have close contact with a person with COVID-19 (being within 6 feet for more than 10 minutes or touching body fluids/secretions without using the appropriate precautions) the 10-day quarantine period will have to restart. These include sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea.
- If you are unable to avoid close contact, you should stay in quarantine for 10 days after the person with COVID-19 was told they were “cleared” to stop their own isolation. This is likely to be at least 20 days.

### What are the home quarantine restrictions?

To prevent you from spreading COVID-19 to uninfected people, you must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

1. Stay home. Do not go to work, school, or public areas. You may leave your quarantine only to get necessary medical care.
2. Do not allow visitors.
3. Separate yourself from others in your home (unless they are also in quarantine).
  - Stay in a specific room, away from other people in your home. It is very important to stay away from people who are at high risk of serious illness. This includes people age 65 years and older, pregnant, or with chronic disease. Consider different living arrangements for high-risk people.
  - Use a separate bathroom, if available.
  - Try to stay at least 6 feet away from others. Wear mask/face covering if in same room with others.
  - Do not handle pets or other animals.
  - Do not prepare or serve food to others. Do not eat with household members who are not in quarantine. Avoid caring for children if possible.

### Can I leave my residence to run errands or get food while I am in quarantine?

- No, you may not leave your residence while quarantined. Ask a neighbor, friend, or relative to help

## Home quarantine guidance for close contacts to COVID-19

you, arrange for food and other necessities to be left at your door. Online services may be used.

- If you are unable to arrange for food and other necessities to be left at your door, call 211 for assistance.
- You can go on out on a private balcony or into your yard.

### Can I use public transport while I am in quarantine?

No, do not use public transport. Use a private vehicle if possible. If you cannot drive yourself, make sure to maintain as much distance as possible between you and the driver, leave windows down, and wear a mask.

### What if I am tested for COVID-19, can I stop my quarantine?

- No. If your test is negative, continue to quarantine for 10 days from date of last contact.
- If your test is positive, you will need to stay home for until 10 days have passed since symptoms first started, including 24 hours with no fever and improvement of symptoms.
- Isolate at home for at least 10 days even if you have no symptoms at any time.

### Will Public Health notify my workplace or school?

You need to inform your workplace or school that you are in home quarantine.

Public Health will not notify or release any personal information about you to your workplace or school unless it is necessary to do so to protect your health or the health of others.

### Should I wear a mask or cloth face covering?

There is no need to wear a mask or face covering if you are in a separate room in home quarantine. If you are in a home with others who are not exposed, wear a mask or face covering anytime you must be in the same room.

### How should I monitor my health during this period?

- Monitor your health for new signs and symptoms of COVID-19 for 14 days after your close contact, such as:
  - Cough, shortness of breath or difficulty breathing
  - Fever, chills, repeated shaking chills, muscle pain, sore throat, headache, diarrhea, nausea/vomiting, or new loss of taste or smell.
- If you develop any of these symptoms or any other symptoms that are concerning to you, note the date that your symptoms began and consult your medical provider.
- If you are 65 years and older, pregnant, or have a chronic health condition you are at a higher risk of more serious illness. Monitor your symptoms closely and seek medical care early if they get worse.

### What should I do if I have symptoms while I am quarantined?

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

- If you have fever, cough, shortness of breath, or your provider tells you that you are likely to have COVID-19, you will need to self-isolate and continue to stay at home.
- Stay home for at least 10 days from when your symptoms began, and at least 24 hours without fever without using medications, and that symptoms (e.g. cough, shortness of breath) have improved.
- If symptoms worsen or continue, and you have difficulty breathing, feel pain or pressure in your chest, have bluish lips or face, or are having new confusions or difficulty waking up, call 911.
- If you need to go to a medical provider wear a surgical mask or a cloth face covering.
- Do not use public transportation to go to a medical provider. In a private car stay as far from driver as possible and leave windows down. Wear mask or facial covering.

### What should I do if I have additional questions?

Visit our website <https://publichealthsb.org/> for more information and guidance. Call your health care provider for any questions related to your health. For help finding a health care provider, call 2-1-1.