



## **Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)**

These quarantine instructions are for people who live in the same household or had close contact with someone with Coronavirus Disease 2019, COVID-19. Cases, or people with COVID-19 can be contagious 48 hours before they have symptoms, when they have symptoms, or even if they are not showing symptoms. “Close contact” with a case is defined as living in the same house as a case, being an intimate partner of a case, being a caregiver of a case, or being within 6 feet of a case for longer than 15 minutes. Since you are a close contact of a case, please follow these steps to help prevent COVID-19 from spreading in your home or in your community.

### **Home Quarantine – Why am I being asked to do it?**

- You are being asked to quarantine because you have been exposed to COVID-19. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.
- It can take 2-14 days to show symptoms, so you may not know for up to 14 days if you are infected or not. You have been asked to self-quarantine in case you are infected so that you do not pass on the infection to anyone else. It may turn out that you are not infected but it is too soon to tell.

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

- Since it can take 2-14 days to show symptoms, your last day of quarantine is 15 days from when you were last in contact with the person with COVID-19. If you continue to live with and/or care for the person with COVID-19, the quarantine guidance is as follows:
  - If there is close contact with a person with COVID-19 (being within 6 feet for more than 15 minutes or touching body fluids or secretions without using the appropriate precautions), the 14-day quarantine period will have to restart. Body fluids or secretions include sweat, saliva, sputum, nasal mucus, vomit, urine or diarrhea.
  - If you are unable to avoid close contact, you should stay in quarantine until day 15 from when the person with COVID-19 became eligible to be “cleared” from their own isolation. This is likely to be at least 24 days.
- If you do seek testing, a negative test result within the 14-day period does not mean that you cannot become positive later. You must stay in quarantine for the entire 14-day period.

### **What must I do if I am self-quarantining? What are the restrictions?**

You must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

- Stay home. Do not go to work, school, or public areas.
- Do not use public transportation, ride shares or taxis.
- Do not allow visitors into your home.
- Separate yourself from others in your home.
- Stay in a specific room and away from other people in your home as much as possible. 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. Consider different living arrangements for these high-risk people if possible

- Use a separate bathroom, if available.
- Try to stay at least 6 feet away from others.
- Do not prepare or serve food to others.
- Avoid caring for children if possible.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds.
- Cover your coughs and sneezes with a tissue.
- Avoid sharing household items.
- Clean and disinfect all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions

### **What if I develop symptoms?**

- If you develop symptoms, you may have COVID-19 and you should follow the Home Isolation Instructions.
  - COVID-19 symptoms include cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat or loss of taste or smell.
- You do need to remain home for at least 10 days from the onset of symptoms or 3 days after your fever is completely gone and your respiratory symptoms are better, whichever is longer. Call your medical provider if you have concerns or questions about the need for testing. You should continue to isolate yourself and follow the instructions for Home Isolation.
  - If symptoms worsen or continue and you need to seek medical care, call your healthcare provider in advance, or 9-1-1 in an emergency, and let them know you are a close contact to a person with confirmed COVID-19.
- Monitor your symptoms closely and seek medical care early if symptoms become severe. You do not need to be tested just to confirm infection as most persons with respiratory infection, including COVID-19, will have mild illness which can get better with home care and without the need to see a provider.
  - If you are 65 years and older, pregnant, or have a health condition such as heart disease, lung disease, diabetes, kidney disease, or a weakened immune system you are at higher risk of more serious illness or complications.

### **Will Public Health notify my workplace?**

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

**Thank you for your cooperation in this important public health matter.**

COVID-19 can be stressful for people. Here are some tips for managing emotional health during uncertain times at <http://www.acphd.org/media/558462/covid19-managing-emotional-health-20200306.pdf>.

If you have any additional questions, please see all of the options at [www.acphd.org](http://www.acphd.org), call our general COVID line at 510-268-2101 or email us at [ncov@acgov.org](mailto:ncov@acgov.org).