

# Home quarantine guidance for close contacts to Coronavirus Disease 2019 (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 being asked to self-quarantine?

You have been in close contact with someone who has Coronavirus Disease 2019 (COVID-19), and even though you feel well now, it is possible that you are also infected. It can take 2–14 days to show symptoms, so we may not know for up to 14 days if you are infected or not.

You have been asked to self-quarantine (separate from others) 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?

You need to stay in quarantine for 14 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 continue to live with and/or care for the person with COVID-19, the quarantine guidance is as follows:**

- Your quarantine will end 14 days after the household started to follow home quarantine restrictions listed below.
- If there is 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 14-day quarantine period will have to restart. Body fluids/secretions include sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea.
- If you are unable to avoid close contact, you should stay in quarantine for 14 days after the person with COVID-19 was told they were “cleared” to stop their own isolation. This is likely to be at least 21 days.

### What are the restrictions?

To prevent you from possibly 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?

- You may not leave your residence while quarantined. Ask a neighbor, friend, or relative to help 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.

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

If you must leave home, 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 and leave windows down. Wear a mask or cloth face covering.

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

- If your test is negative, you will still need to stay at home in quarantine for 14 days from date of last contact and monitor for symptoms.
- If your test is positive, you will need to stay home until 10 days have passed since symptoms first started, including 3 final days with no fever. Isolate at home for at least 10 days, even if you have no symptoms.

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

If your workplace or school needs to know that you are in home quarantine you will need to tell them.

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 such as:
  - Cough, shortness of breath or difficulty breathing
  - Or at least two of these symptoms: 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.
- This means staying home for at least 10 days from when your symptoms began, and at least 3 days (72 hours) after you have recovered. Recovered means that you have had no fever without using medications, and that cough and shortness of breath have significantly 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 .