

# 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 in case you are infected so that you don't pass on the infection to anyone else. It may turn out that you are not infected but it is too soon to tell.

Note: Persons who are fully vaccinated, defined as at least two weeks after last dose of vaccination, and persons who are within the first 90 days after infection are not considered susceptible and not required to quarantine. Vaccinated people should mask for 14 days and get tested 3-5 days after the last date of exposure.

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

Your last day of quarantine is **10 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:

- Your quarantine will end **10 days** after the household started to follow the [Home Isolation Instructions \(English\)](#), [\(Spanish\)](#) (**10 days** after your last exposure).
- 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 **10-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 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**.
- **You will need to continue to monitor yourself for symptoms for 14 days and strictly adhere to wearing a mask and staying 6 feet away from all others through day 14.**

## 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 allow visitors and limit the number of people in 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.
  - Use a separate bathroom, if available.
  - Try to stay at least 6 feet away from others.
  - Do not handle pets or other animals.
  - Do not prepare or serve food to others.
  - Avoid caring for children if possible.

## Can I leave my residence during quarantine?

- You may not leave your place of quarantine or enter another public or private place except to get

For more information on COVID-19:

Call (209) 558 7535 OR Visit <http://www.schsa.org/coronavirus/>

Adapted from Los Angeles County Department of Public Health - Revised 8/2/21

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## necessary medical care

- If you do not have someone to help you, you can arrange for food and other necessities to be left at your door. If you need help finding food or other necessities, please call 2-1-1.
- You can go on a private balcony or private yard if you can stay at least 6 feet away from others.

## What if I need to seek medical care?

Call 9-1-1 if you have a medical emergency. For other medical issues, if possible, call your doctor first to get advice by phone or telemedicine and tell them that you are a contact to someone with COVID-19. If you do go out for medical care and are having symptoms or signs of COVID-19, you should wear a mask, if available. Use a private vehicle if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver and leave windows down. You should not use public transport.

## Will Public Health notify my workplace or school?

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.

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

Monitor your health for 14 days (*continue for four days after your quarantine ends*) for signs and symptoms of COVID-19:

- Fever.
- Cough.
- Shortness of breath or trouble breathing.
- Other early symptoms to watch for are chills, body aches, sore throat, loss of smell and taste, headache, diarrhea, nausea/vomiting, and runny nose.

## What if I develop symptoms?

If you develop any of the signs or symptoms above, you may have COVID-19. Most people with COVID-19 will have mild illness and can get better with the proper home care and without the need to see a provider. However, if you are 65 years and older, pregnant, or have a health problem such as a chronic disease or a weak immune system, you should let your doctor know about your symptoms. You may be at higher risk of more serious illness so you should monitor your symptoms closely and seek medical care early if they get worse.

Get tested and continue to isolate yourself. 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.

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

Please call your health care provider for any questions related to your health.

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