

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

This quarantine guidance is for people who live in the same household or had close contact with someone with Coronavirus Disease 2019. 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?**

If you live with or you have been in close contact with someone who has COVID-19 infection and even if you feel well now, it is possible that you are also infected. 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.

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

- Since it can take 2-14 days to show symptoms, your last day of quarantine is 14 days from when you were last in contact with the person with COVID-19.
- If you come in close contact with the COVID-19-positive person, such as people in your house, your intimate partners, as well as people who provide or provided care to you without wearing a mask, gown, and gloves, are considered to be “close contacts”. If you are unable to avoid close contact, you should stay in quarantine until day 14 from when the person with COVID-19 became eligible to be “cleared” from their own isolation. This is likely to be at least 21 days.

### **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, arrange for another trusted adult to do so.
- 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 beside 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?

### **Symptoms of COVID-19**

- Flu-like symptoms
- Sore throat
- Coughing
- Shortness of breath
- Subjective fever or temperature of 100.0F/ 37.8C or greater
- Sudden loss of taste or smell

If you develop symptoms, you may have COVID-19. You should seek medical care, and if indicated, seek coronavirus testing from your medical provider or County Public Health and isolate yourself at home and away from other people and follow the “Home Isolation Order” and “Home Isolation Instructions.”

Many 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. 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. Monitor your symptoms closely and seek medical care early if they get worse.

You need to remain home for at least 10 days from the onset of symptoms (or if you receive a positive test, 10 days from the date of sample collection) and at least 3 days after your fever is completely gone and your respiratory symptoms are better. 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.

### **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 many people, here are some tips for managing emotional health during uncertain times at <https://www.mendocinocounty.org/community/novel-coronavirus/behavioral-health-resources>.

If you have any additional questions, please contact (707) 472-2759 or [DOC-Nursing@mendocinocounty.org](mailto:DOC-Nursing@mendocinocounty.org)