Home Quarantine Guidance for Close Contacts to COVID-19

SACRAMENTO COUNTY PUBLIC HEALTH
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This guidance is for people who were in close contact with someone diagnosed with or likely to have COVID-19.

If you are a health care worker or first responder, refer to guidance from your employer.

Why am I being asked to self-quarantine?

You have been in close contact with someone who has 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 do not pass on the infection to anyone else.

How long do I need to self-quarantine?

Your last day of quarantine is 14 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 ends 14 days after the person(s) in the household with COVID-19 starts their home isolation according to the Home Isolation Instructions.
- 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 for 14 days after the person with COVID-19 completes their home isolation according to the Home Isolation Instructions. This is likely to be at least 21 days.

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.
- 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.
  - Stay at least 6 feet away from others.
- Use a face covering or mask whenever you are in the presence of others in the household.
- Do not allow visitors and limit the number of people in your home.
- Do not handle pets or other animals.
- Do not prepare or serve food to others.
- Avoid caring for children if possible, or wear a face covering or mask if you have to provide care for your children

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 necessary medical care and testing for COVID-19.

- Arrange for food and other necessities to be left at your door if you do not have anyone to help you at home.

Should I get tested for COVID-19?

As a close contact to someone with COVID-19, it is recommended that you get tested if you have symptoms.

- To get tested, call your health care provider or visit the Sacramento County COVID-19 Testing Sites website. Wear a face covering or mask when going to get tested.
- If your result is positive:
  - Isolate at home according to the Home Isolation Instructions.
  - Tell all of your close contacts to quarantine and provide them with these instructions.
- If you result is negative:
  - Complete your 14 day quarantine period.
  - Monitor for symptoms (see below).

How should I monitor my health during this period?

Monitor your health 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, 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. Follow the Home Isolation Instructions for People with COVID-19. Most people with COVID-19 will have mild illness and can get better with the proper home care without the need to see a health care provider. If you have any non-urgent health concerns, consult your health care provider by phone or telemedicine and let them that you are a contact of someone with COVID-19.

What if I need to seek medical care?

Seek medical care if symptoms worsen. Call your health care 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. If you do go out for medical care and are having symptoms or signs of COVID-19, you should wear a face covering or mask, if possible. 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.

What should I do if I have additional questions?

Visit the Public Health website for more information about coronavirus. Please call your health care provider for any questions related to your health.

Adapted from Los Angeles County Department of Public Health and Stanislaus Health Services Agency