

Sacramento County Public Health

Isolation & Quarantine Instructions

You are receiving this because you have been ordered to isolate or quarantine in your home. You must follow the steps below until your isolation or quarantine ends at which time you can return to your normal activities.

Stay home

You must remain inside your home. Do not go outside unless there is an emergency that requires you to evacuate (e.g. your home is on fire). If this happens, wear a face covering or mask, if possible.

No house guests

During your isolation or quarantine, do not allow others into your home. This includes friends, family, neighbors, or landlords/apartment staff.

Deliveries

You can have items delivered to your home, but only if you do not have contact with the person making the delivery. The delivery must be left at your doorstep.

Separate yourself from other people in your home

As much as possible, you should stay in a different room from other people in your home. You should use a separate bathroom, if available. When in the same room, wear a face covering or mask, if possible.

Monitor your symptoms

Follow your self-monitoring instructions. If you have questions or become ill, call Sacramento County Public Health at (916) 875-5881.

Call 911 if you have a medical emergency

If you have a medical emergency, call 911. Tell the dispatcher you have isolation or quarantine orders from Sacramento County Public Health. If an ambulance comes to your home, wear a face covering or mask, if possible.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues into a lined trash can and immediately wash your hands with soap and water for at least 20 seconds.

Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Additional Information: Home Isolation Guidance (<https://dhs.saccounty.net/PUB/Documents/Communicable-Disease-Control/GD-HomeIsolationGuidance.pdf>); Home Quarantine Guidance (<https://dhs.saccounty.net/PUB/Documents/Communicable-Disease-Control/GD-HomeQuarantineGuidance.pdf>)