Home Quarantine Instructions for Close Contacts to COVID-19

SACRAMENTO COUNTY
PUBLIC HEALTH
Promote • Prevent • Protect

In Sacramento County, **individuals who have had close contact with person(s) suspected or confirmed of having COVID-19 are required to:**

➢ Self-Quarantine - stay home and avoid contact with others

➢ Monitor for symptoms for 14 days

➢ Follow the Health Officer Quarantine Order along with the steps below

Health care workers and first responders should follow guidance provided by their employers.

Self-quarantine

If you had close contact* with someone suspected or confirmed of having COVID-19, you may also become infected with the virus but not show any symptoms for up to 14 days or not show any symptoms at all. Quarantine keeps someone who may have been exposed to COVID-19 away from others to prevent the disease from spreading further.

*Close contact is someone who:
- Was within *6 feet* of a person with COVID-19 for a *total of 15 minutes or more* over a *24-hour period*, starting from 2 days before the person with COVID-19 had symptoms (or, for persons who did not have symptoms, 2 days before testing for COVID-19) until that person is allowed to end their home isolation
- Had contact with the body fluids or secretions of a person with COVID-19 without the use of proper precautions

How long do I need to self-quarantine?

If you had close contact with someone suspected or confirmed of having COVID-19, you must self-quarantine for a full 10 days from your last contact with the infected person. Although the CDC recommends a 14-day quarantine, this shortened 10-day quarantine is acceptable if **you do not experience any symptoms** during this time. This does not apply to persons at high risk for severe disease, persons working in high-risk settings (i.e. skilled nursing and correctional facilities) unless there is a critical staffing shortage, or immunocompromised individuals who should continue to quarantine for 14 days.

Persons following a 10-day quarantine should:
- Continue to monitor for symptoms until after Day 14 from the day of last contact with the infected person. If you develop symptoms, isolate at home and follow the "What if I develop symptoms?" section below.
- Follow all recommended practices to protect yourself and others, including wearing face coverings or masks at all times (including in your household), staying at least 6 feet away from others, as well as the restrictions mentioned below.

If you continue to have contact with the infected person (e.g. live with and/or care for the person with COVID-19) and:

- You can avoid close contact with the infected person, your last day of quarantine is 10 days from when this person started to follow the Home Isolation Instructions for People with COVID-19.

- You have close contact with the infected person while this person was in isolation, your 10-day quarantine period will have to restart from the last day that you had close contact.
- You cannot avoid close contact, your last day of quarantine is 10 days from the day the infected person is allowed to end their home isolation.

What are the restrictions?

To prevent the further spread of COVID-19, you must restrict activities and limit activities that may put you in contact with others during this 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, including people who are age 65 years and older 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. Wear a face covering or mask when if this cannot be done.
- Do not allow visitors.
- Do not make 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 children.
- Do not handle pets or other animals.

Can I leave my residence during quarantine?

- You may only leave your home to get testing for COVID-19 or necessary medical care.
- 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 for People with COVID-19.
    - Tell all of your close contacts to quarantine and provide them with these instructions.
- If you result is negative:
    - Continue to quarantine for a full 10 days from your last contact with the infected person.
    - Continue to monitor for symptoms until after Day 14 and follow all recommended practices to protect yourself and others as mentioned above.

How should I monitor my health during this period?

Monitor your health for symptoms of COVID-19. Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What if I develop symptoms?

If you develop any of the signs or symptoms above, isolate at home and 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 know 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 911 in an emergency, and let them know you are a close contact to a person with confirmed COVID-19.

If you do leave your home to seek 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, leave the windows down, and wear a face covering or mask, if possible. You should not use public transportation.

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 if I've been vaccinated for COVID-19?

If you have had close contact with someone suspected or confirmed of having COVID-19, you do not need to quarantine if you meet ALL of the following criteria:

- You are fully vaccinated – this means ≥ 2 weeks after receiving the second dose of a 2-dose vaccine series (Pfizer or Moderna) or ≥ 2 weeks after receiving one dose of a single-dose vaccine
- Are within 3 months after receiving your final vaccine dose
- You have no symptoms of COVID-19 since your close contact

This does not apply to vaccinated persons who are in the hospital or residents of health care facilities.

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