

Home quarantine guidance for Novel Coronavirus (COVID-19)

This guidance is for people who were in close contact with someone with Coronavirus Disease 2019.

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.

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 will end 14 days after the household started to isolate.
- If there is close contact with a person with COVID-19 (being within 6 feet for more than 10 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 was told they were "cleared" to stop their own isolation. 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.

1. Stay home. Do not go to work, school, or public areas.
2. Do not allow visitors and limit the number of people in your home.
3. 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 handle pets or other animals.
 - Do not prepare or serve food to others.
 - Avoid caring for children if possible.

Can I leave my residence to run errands?

If you do not have someone to help you, arrange for food and other necessities to be left at your door. If you have no choice but to go out for essential supplies and you still have no symptoms, you can go out but be as quick as you can, go at a time when the store is not as busy, and stay at least 6 feet away from others as much as possible.

You can go on a private balcony or yard or walk outside if you can stay at least 6 feet away from others.

Can I use public transport?

If you must leave home, do not use public transport. Use a private vehicle if possible. If you cannot drive yourself, make sure to maintain as much distance as possible between you and the driver and leave the windows down.

Should I wear a mask?

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.



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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. Public Health will provide a note to excuse your absence from school or work if you need one.

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 cold or flu-like symptoms, 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. 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 do not need to be tested just to confirm infection as most persons with respiratory infection, including COVID-19, will have mild illness which can get better with home care. You do need to remain home for at least 10 days from the onset of symptoms or 3 days after your fever is completely gone and your respiratory symptoms are better, whichever is longer. Call your provider if you have concerns or questions about the need for testing. You should 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?

Visit our website <https://www.inyocounty.us/covid-19> for more information and guidance. Please call your health care provider for any questions related to your health.

