

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

**This guidance is for individuals in close contact with someone with COVID-19.**

*If you are a healthcare worker, first responder, or other [critical infrastructure worker](#), please refer to your employer and the [CDC Safety Practices for Critical Infrastructure Workers](#) web page for guidance.*

## Why am I being asked to self-quarantine?

You have been in close contact with someone who has known or suspected Coronavirus Disease 2019 (COVID-19). Even though you may currently feel well, it is possible that you are also infected with the COVID-19 virus. After being exposed, it can take 2-14 days for symptoms to appear, so we may not know for up to 14 days after your last contact with the individual with known or suspected COVID-19 if you are infected or not. You have been asked to self-quarantine in case you do have the virus so that you don't pass on the virus to anyone else, especially since individuals can spread the virus up to 48 hours before symptoms appear. Your actions can help prevent the spread of the disease during this epidemic.

## How long should I self-quarantine?

Your last day of quarantine is 14 days from when you last had contact with the individual who has known or suspected COVID-19. If you continue to live with or care for a person with COVID-19, the quarantine guidance is as follows:

- Your quarantine will end 14 days after everyone in your household started to follow the [Home Isolation Instructions for Coronavirus Disease 2019 \(COVID-19\)](#).
- If you already started your 14 day quarantine and then have additional instances of close contact with a person with COVID-19 (such as being within 6 feet for prolonged periods of time, contact with their body fluids or secretions (such as being coughed on or sneezed on), sharing utensils or saliva, or you provided care without wearing protective equipment) then you will have to restart the 14-day quarantine period.
- If you do not have any symptoms, there is no need to get tested. If you have been tested, you still need to stay in quarantine for 14 days even if your test result is negative.

## What are the details of self-quarantining?

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 in your home.
3. Separate yourself from others in your home (unless they are also in quarantine).
  - Select a specific room in your home that will be used for you to separate yourself from others.  
Stay in this room away from other people in your home as much as possible. It is especially important to stay away from individuals who are at higher risk of serious illness if infected.



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## People at high risk for serious illness from COVID-19

### include:

- o People who are 65 years and older
- o People living in a nursing home or long-term care facility

People of any age who have a serious underlying medical condition, especially if their medical condition is not well controlled, including:

- o People with chronic lung disease or moderate to severe asthma
  - o People who have a serious heart condition
  - o People who are immunocompromised
  - o People who are severely obese—Body Mass Index (BMI) of 40 or higher
  - o People with diabetes
  - o People with chronic kidney disease being treated with dialysis o People with liver disease
- Use a separate bathroom, if available.
  - Practice social distancing when around others in your home—Try and stay at least 6 feet away from others. When this is not possible, wear a face cover.
  - Separate yourself from your pets.
  - Do not prepare or serve food to others.

## Can I leave my residence during quarantine?

You should stay in your place of quarantine and not enter another public or private place except to get necessary medical care.

If you do not have any symptoms associated with COVID-19, as determined by the Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>, then you may leave your place of quarantine only to procure food, clothing, or other necessities, if you:

- Maintain social distancing by keeping a minimum of six (6) feet of distance from other individuals at all times whenever possible; AND
- Wear a face covering at all times while away from your place of quarantine.



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## How should I monitor my health during this period?

Check your temperature twice a day. Monitor your health and watch for signs and symptoms of COVID-19, which many include any of the following symptoms:

- Cough
- Shortness of breath or trouble breathing
- Fever
- Chills
- Muscle Pain
- Sore Throat
- New loss of taste or smell

## What if I develop symptoms?

If you develop any of the symptoms listed above, you may have COVID-19 and should call your healthcare provider for medical advice. Most people with COVID-19 will have mild illness and can self-isolate and recover at home. However, if you are at a higher risk for serious illness if infected, such as adults 65 years and older, pregnant women, or individuals with a health problem such as a chronic disease or a weak immune system, let your healthcare provider know about your symptoms and seek medical care early if your symptoms get worse.

*Not everyone who has COVID-19 needs to be tested.*

- You do **NOT** need to be tested for COVID-19 just to confirm you have the infection.
- **You do need to remain home** for 10 days from when your symptoms first appeared **AND** 3 days after your fever is completely gone and your respiratory symptoms have improved.

Call your healthcare provider if you have health-related concerns or questions about the need for testing. You should continue to isolate yourself and follow the guidance in the [Home Isolation Instructions for Coronavirus Disease \(COVID-19\)](#). If your symptoms worsen or don't improve and you need to seek medical care, make sure you put on a mask before you enter the facility to protect others from catching the infection from you. If you require emergency assistance call 9-1-1 and let the operator know you are a close contact to a person with confirmed COVID-19.



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## What if I need to seek medical care?

If you are experiencing any mild to moderate symptoms of COVID-19, such as those listed above, call your healthcare provider to get advice by phone or telemedicine and tell them that you are a contact to someone with COVID-19.

If you need to seek medical care and have new symptoms or signs of COVID-19, make sure you put on a surgical mask. If you do not have a surgical mask, you should wear a cloth face cover.

Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver and leave windows down—You should not use public transportation.

## Call 911 if you are experiencing any symptoms that require emergency assistance, such as:

- Gasping for air
- Bluish lips or face
- Persistent pain or chest pressure
- Severe persistent lightheadedness or dizziness
- New confusion
- New seizures or seizures that won't stop
- Unconsciousness

## 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 our website <http://www.icphd.org/> for more information, resources, and guidance.

Please call your healthcare provider for any questions related to your health.

If you do not have a healthcare provider, are uninsured, or need help finding community resources, call (442) 265-6700 for assistance.

