

COVID-19: Self-Quarantine and Self-Monitoring Guidance

This guidance is intended for people who have been in close contact* with someone who has confirmed or probable COVID-19.

A **close contact** is someone who was within 6 feet of a person infected with COVID-19 for at least a total of 15 minutes in a 24 hour period, had direct physical contact (hugged or kissed them), who is caring for someone sick with COVID, or has had direct contact with the infected person's secretions, for example being coughed or sneezed on, or sharing utensils or saliva. This exposure can occur at any time starting from 48 hours before illness onset (or, for asymptomatic patients, from 2 days before they had a positive test for COVID-19).

If you are self-quarantining at home and cannot take care of yourself nor avoid putting others in your home at risk of infection, contact the health department.

If you have been notified of your potential exposure to COVID-19, you have a high risk of transmitting the virus to others. To avoid spreading infection, you will need to quarantine and observe stricter disease control measures than the physical distancing measures recommended for the general public. This means staying home and avoiding contact with other people, even those you live with, until you are directed by the health department to return to your normal activities.

Please follow the guidance below during your period of self-quarantine. **If you have questions or concerns about being able to follow these necessary precautions, contact the health department.**

How to Safely Self-Quarantine After Possible COVID-19 Exposure

If you had close contact with someone who is a confirmed or probable COVID-19 case, you should:

PROTECT YOUR COMMUNITY

- Stay home and monitor your health for 10-14 (standard quarantine period) days after your last potential exposure. Staying home is the most important thing you can do to protect those around you and reduce the spread of COVID-19 in your community.
- If you must leave your residence (i.e., for a medical appointment), do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, leave the windows down and wear a mask if possible.
- A reduction in quarantine time from 14 days to 10 days may happen if no COVID-19 symptoms develop. You must continue to monitor for COVID symptoms for the 14 days.
- If you develop symptoms, please isolate yourself and contact your local public health authority or provider.

Further detail and updates can be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

PROTECT THOSE THAT SHARE YOUR HOME

- Stay in one room away from others, as much as possible. It is particularly important to stay away from people who are at higher risk of serious illness (see box, right).
- Use a separate bathroom. If this is not possible, clean the bathroom after every use.
- Stay at least 6 feet away from others and wear a face mask if you are around others. Ideally, there should be a door that always separates you from others.
- Sleep in a private room.
- Eat meals in your room if possible.
- Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (that contains at least 60% alcohol).
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Clean and disinfect all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Also clean and disinfect any surfaces that may have body fluids on them. See CDC’s guidance on cleaning and disinfecting your home:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

PEOPLE AT HIGH-RISK

People at higher risk for severe illness from COVID-19 include:

- People 65 years and older; and
- People of all ages with underlying medical conditions, particularly if not well controlled, including:
 - people with chronic lung disease or moderate to severe asthma
 - people who have serious heart conditions
 - people with severe obesity (body mass index [BMI] of 40 or higher)
 - people with diabetes
 - people with chronic kidney disease undergoing dialysis
 - people with liver disease
 - people who are immunocompromised due to causes including cancer, cancer treatment, bone marrow or solid organ transplantation, genetic immune deficiencies, poorly controlled HIV or AIDS, or use of corticosteroids or other immune weakening medications.

MONITOR YOURSELF FOR SIGNS OF ILLNESS

- If you have symptoms, immediately notify your local health department and healthcare provider and get tested.
 - Symptoms for COVID-19 may include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- Check your temperature twice a day and contact your healthcare provider immediately if you:
 - Feel feverish or have a temperature of 100° F (38° C) or higher
 - Develop a cough or shortness of breath
 - Develop mild symptoms such as sore throat, muscle aches, tiredness, or diarrhea
- If possible, get tested even if you do not have symptoms, with guidance from your local health department.