



## FOR CLOSE CONTACTS/HOUSEHOLD MEMBERS

### Instructions for Home Quarantine & Health Monitoring

Even though you may not feel sick, you must remain quarantined<sup>1</sup> at home since you've had close contact with someone with known COVID-19 (also known as novel coronavirus). Quarantine is a way to prevent the spread of the virus to more people. You will need to stay home and monitor yourself for any signs of illness.

#### During your quarantine period, please follow the instructions below:

1. Stay in your home.
2. Do not go to work or school.
3. Do not go to the grocery store or run other essential errands (e.g. going to the pharmacy) unless it is absolutely necessary. Please plan to use family members or friends for your essential errands.
4. Do not have visitors for the duration of the quarantine period.
5. Wash your hands frequently with soap and water, especially after coughing, sneezing, blowing your nose, going to the bathroom, or having direct contact with moist materials such as tissue, pampers, and used masks. Hand sanitizer with greater than 60% ethanol or 70% isopropanol as active ingredients can also be used instead of soap and water if the hands are not visibly dirty.
6. Cover your mouth and nose with tissue when you sneeze or cough. Put tissues in the garbage and wash your hands immediately with soap and water or use hand sanitizer.
7. Do not share toothbrushes, drinks, or eating utensils.

#### Monitor your health:

- Monitor yourself for symptoms. The most common symptoms of COVID-19 are fever, cough, and shortness of breath.
- If you start to feel sick, please contact your healthcare provider and let them know you have had contact with someone who has tested positive for COVID-19. If you have mild symptoms, your healthcare provider will most likely advise you to take care of yourself at home as you would with any other mild cold or flu.

<sup>1</sup> As people begin to get the COVID vaccine, the data will continue to be reviewed to learn how much protection it gives and for how long a person is protected from infection after vaccination. Until further guidance is announced individuals who are considered close contacts and have received a vaccine will still need to quarantine.





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### When does quarantine end?

Even if you get a negative test result during your quarantine period, you still will need to complete the full quarantine period as follows:

- Your quarantine will end after at least 10 days from last exposure to the known COVID-19 positive individual, and you must continue to monitor yourself for COVID-19 symptoms for the full 14-day period after your last exposure, as noted above under *Monitor Your Health*. You should also continue to use preventive measures such as the use of a mask/face covering and social distancing from others. If you work with a vulnerable population, you may be instructed to remain off of work for the full 14-day quarantine period.
- You will need to be quarantined for at least 10 days after your household member no longer needs to be isolated, and you must continue to monitor yourself for COVID-19 symptoms for the full 14-day period after your last exposure, as noted above under *Monitor Your Health*. You should also continue to use preventive measures such as the use of a mask/face covering and social distancing from others. If you work with a vulnerable population, you may be instructed to remain off of work for the full 14-day quarantine period.

If you have any concerns or questions, please call the Public Health COVID Response line during normal business hours (Monday-Friday 8:00AM-5:00PM) at **925-313-6740** or email us at **[CoCohelp@cchealth.org](mailto:CoCohelp@cchealth.org)**. You can also find more information online at [cchealth.org/coronavirus](http://cchealth.org/coronavirus).

