



FOR CLOSE CONTACTS/HOUSEHOLD MEMBERS

Instructions for Home Quarantine & Health Monitoring

You will need to stay home (quarantined), even though you maybe not feel sick, since you 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. You are to stay in your home.
2. Do not go to work or school.
3. You may go to the grocery store or run other essential errands (e.g. going to the pharmacy).
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, or blowing your nose, or after going to the bathroom, or contact with moist materials such as tissue, pampers, and used mask. A minimum of 62% alcohol-based hand sanitizer 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, stay home. Please contact your healthcare provider and let them know you are a contact to 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 and home isolate (see Home Isolation instructions under the "If You Are Sick" tab at <https://www.coronavirus.cchealth.org/> for more information about home isolation).

When does quarantine end?

- If you do not live with someone who has COVID-19, your quarantine will end after 14 days.
- If you live with someone who is ill with COVID-19, you will need to be quarantined for 14 days after your household member no longer needs to be isolated.



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If you have any or have any concerns or questions, please call Public Health during normal business hours Monday-Friday 8:00AM-5:00PM at **925-313-6740** or email us at **CoCohelp@cchealth.org**



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