

# Home Isolation & Quarantine Guidelines

## Isolation and Quarantine Steps for People Before and After COVID-19 Diagnostic Test Results

There are a number of reasons why you may need to be tested for COVID-19: (1) because you have symptoms of possible infection, (2) because you were in close contact with someone who was infectious with COVID-19, or (3) because you are in a job that recommends or requires testing. The directions below will help you to determine what you should do while you are waiting for your diagnostic test results, and what to do after your test results are available.

### What to do while you're waiting for test results:

(1) If you have any COVID-19 symptoms\*, follow the Isolation Steps while you are waiting for results.

\*COVID-19 symptoms include:

- Fever, chills
- Cough
- Shortness of breath
- Diarrhea
- Change in mental status
- Muscle pain
- Fatigue
- Headache
- Nausea
- Vomiting

(2) If you have no symptoms but were in CLOSE CONTACT with a person who was infectious with COVID-19, follow the Quarantine Steps while you are waiting for your test results.

(3) If you do not have COVID-19 symptoms and are not a close contact, you just need to wait for your test results. You do not need to follow Isolation or Quarantine Steps.

**CLOSE CONTACT** of a COVID-19 positive person = someone who has been within 6 feet of the positive person while they were infectious for 15 minutes or more (even if one or both people were wearing facemasks). COVID-19 positive persons are considered to be infectious from 48 hours before their symptoms began (or 48 hours before they were tested for COVID if they never had symptoms).

### What to do after you get your test results:

If you test COVID-19 positive, follow the Isolation Steps.

If you test negative AND:

1. You were a close contact of a COVID-19 positive person ⇒ continue to **follow the Quarantine Steps**.
2. You have COVID-19 symptoms\* but are not a Close Contact ⇒ **follow Isolation Steps** until 72 hours after your symptoms resolve (unless otherwise directed by the Public Health Department or a physician to stay home for longer)
3. You were not a close contact and have no COVID-19 symptoms ⇒ you can resume your regular activities.

## Restrictions & Information that Apply to BOTH Home Isolation & Home Quarantine:

### Separate Yourself From Others

- Stay at home except to seek medical care
- Do not use public transportation
- Separate yourself from others in your home
- Do not prepare or serve food to others
- Limit contact with pets
- Do not allow visitors

If you cannot meet the requirements for Isolation or Quarantine, you can call the COVID-19 Support Team at 408-885-3980 to request assistance with housing, food, or other needs.

### Prevent the Spread:

- Wear a mask and cover your coughs and sneezes
- Clean and disinfect all "high-touch" surfaces every day
- Wash your hands often
- Do not share household items

### Practice home care:

- Rest and drink plenty of fluids
- Seek medical care if you experience: difficulty breathing, inability to keep fluids down, dehydration, confusion
- Call ahead before seeking medical care, notify the provider you are under isolation, and wear a mask at all times
- Seek medical care if your symptoms get worse

Home Isolation Steps	Home Quarantine Steps
<p>If you have been diagnosed with COVID-19 <b>or</b> you are awaiting COVID-19 test results, you must follow the Home Isolation Steps to prevent the spread of disease.</p> <p><b><u>Stay home until you have recovered and not infectious</u></b></p> <ul style="list-style-type: none"> <li>• Most people with COVID-19 have mild illness and can recover at home.</li> <li>• Monitor your symptoms closely and seek medical care if symptoms worsen, especially if you are at a higher risk of serious illness<sup>1</sup>.</li> <li>• Do not go to work, school, or public areas.</li> <li>• If you have symptoms, you can be with others after: <ul style="list-style-type: none"> <li>○ <b>10 days</b> since symptoms first appeared, AND</li> <li>○ <b>3 days</b> with no fever AND</li> <li>○ Respiratory symptoms have improved</li> </ul> </li> <li>• If you have no symptoms, you can be with others after: <ul style="list-style-type: none"> <li>○ <b>10 days</b> have passed since your first positive test was collected</li> </ul> </li> </ul> <p><b><u>Close Contacts</u></b></p> <ul style="list-style-type: none"> <li>• If you have a test confirmation or doctor’s diagnosis of COVID-19, then everyone who you had close contact with from 48 hours before your symptoms began until you self-isolated should follow the Home Quarantine Steps. Please share this document with them. To request help in notifying your Close Contacts without revealing your identity to them, please call 408-970-2870.</li> </ul> <p><b><u>What if you cannot separate yourself from others?</u></b></p> <ul style="list-style-type: none"> <li>• Anyone who continues to be in close contact with you will need to extend their quarantine until 14 days from the day you finish isolating.</li> </ul> <p><b><u>Which groups should follow different isolation recommendations?</u></b></p> <ul style="list-style-type: none"> <li>• Anyone who lives or works in a high risk, congregate setting (e.g. jails, shelters, SNFs/LTCFs) and students living in dormitories should remain in isolation until 14 days since symptoms first appeared AND 7 days with no fever AND respiratory symptoms have improved.</li> </ul>	<p>If you live in a household with <b>or</b> had <b>close contact</b> with someone diagnosed with COVID-19, you must follow these Home Quarantine Steps. It can take up to <b>14 days</b> to become infected with COVID-19. You must stay home and monitor your own health during this time to prevent passing infection to anyone else.</p> <p><b><u>Stay home to see if you develop symptoms</u></b></p> <ul style="list-style-type: none"> <li>• <b>You must stay home, even if you test negative, and continue to quarantine for the full 14-day period.</b></li> <li>• If you are unable to avoid close contact with the person with COVID-19, you must stay in quarantine for <b>14 full days</b> <u>after</u> the case’s isolation period. This could mean quarantine for 24 days.</li> <li>• If you do not have symptoms, get tested <b>around 7 days</b> after last exposure to a case. If you are tested before that, get tested again towards the end of your quarantine period.</li> </ul> <p><b><u>What if you develop symptoms?</u></b></p> <ul style="list-style-type: none"> <li>• If you develop any COVID-19 symptoms, and they are new symptoms that you do not usually have in daily life, then you may have COVID-19, and you must follow the Home Isolation Steps (to the left).</li> <li>• Get tested immediately. <ul style="list-style-type: none"> <li>○ If positive, continue to follow Home Isolation Steps</li> <li>○ If negative and the test was earlier than <b>7 days</b> after last exposure to case, get tested again towards the end of your quarantine period.</li> <li>○ If negative and the test was done after 7 days from the last exposure to the case, no additional testing is needed, but you must remain in quarantine for a full 14 days.</li> </ul> </li> </ul> <p><b><u>Which groups should seek additional information on the period of their quarantine?</u></b></p> <ul style="list-style-type: none"> <li>• Certain workers<sup>2</sup> should consult with their employer, who may contact the Public Health Department for additional guidance.</li> </ul>
<p><sup>1</sup>If you are 60 years or older or have a condition such as heart, lung, or kidney disease, diabetes, high blood pressure, or a weakened immune system, you are at higher risk of getting more seriously ill.</p>	
<p><sup>2</sup>Workers with special quarantine considerations: Consult your employer if your operation or department falls within one of the following categories <u>and</u> compliance with the Public Health Department’s isolation and quarantine guidance would compromise your continuity of service: Fire Departments; Law Enforcement and Community Corrections; 9-1-1 Dispatch; Healthcare Delivery</p>	