



# COVID-19: QUARANTINE AT HOME

## WHAT YOU NEED TO KNOW



**Quarantine** is used to **keep someone who might have been exposed to COVID-19 away from others**. This helps prevent the spread of COVID-19 that can happen before a person knows they are sick or if they are infected with the virus without feeling symptoms.

**Isolation** is used to **keep someone who has COVID-19 or symptoms of COVID-19 away from others**, even in their own home.

### You should quarantine for 14 days after your last exposure to COVID-19, if you:

- had close contact (within 6 feet for 15 minutes or more) with someone who has COVID-19 or symptoms of COVID-19
- have been instructed by your health provider (doctor) or local health department that you may have been exposed and need to quarantine

### While you quarantine at home, you should:



**Stay home for at least 14 days** after your last close contact or exposure.



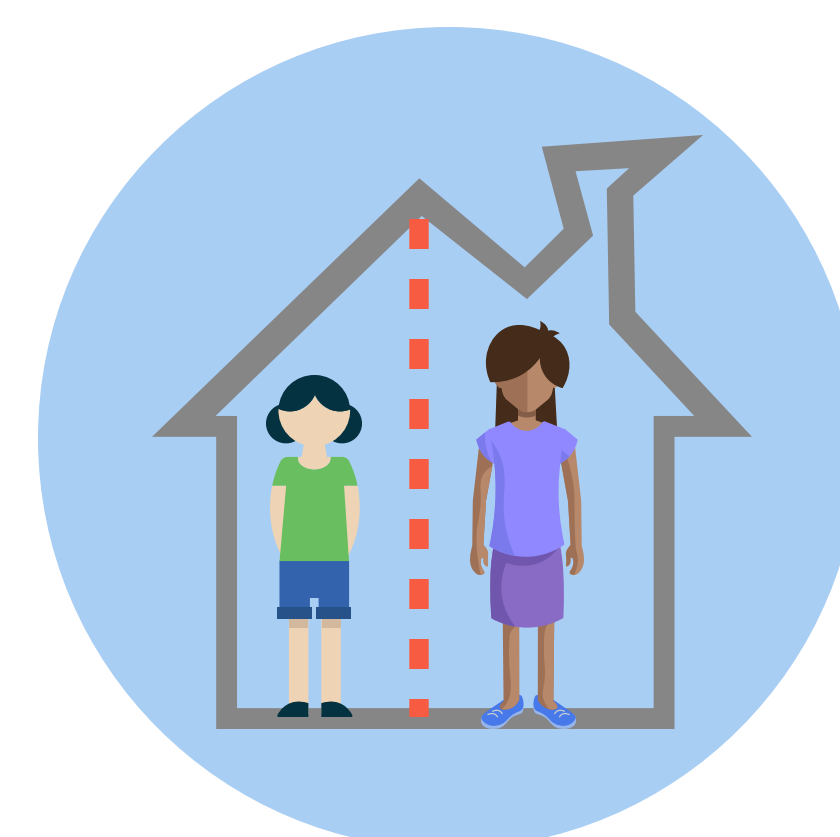
**Ask for help to get necessary items** (food, medicines, essentials).



**If you must go out, avoid close contact and keep at least 6 feet apart from others. Wear a cloth face covering** when out.



**Check your temperature twice a day**, and monitor yourself for COVID-19 symptoms (fever of 100.4°F or higher, cough, body aches, sore throat, chills, loss of taste or smell, etc.).



**Separate yourself from others if you develop symptoms**, and contact your healthcare provider (doctor) to see if you should get tested.



### FREE COVID-19 TESTING

If you think you or someone in your home has COVID-19 and would like to get tested, visit [ohealthinfo.com/covidtest](http://ohealthinfo.com/covidtest) to find where you can get tested.

### COVID-19 RESOURCES

For more information on help with getting food, resources related to job loss, trouble paying rent, or getting medical care, visit [together.ocgov.com](http://together.ocgov.com).

For more COVID-19 information, please visit [www.ohealthinfo.com/novelcoronavirus](http://www.ohealthinfo.com/novelcoronavirus) or call the OC Health Care Agency's Health Referral Line at (800) 564-8448.

