

Home quarantine guidance for close contacts to Coronavirus Disease 2019 (COVID-19)

Why am I being asked to self-quarantine?

You have been in close contact with someone who has Coronavirus Disease 2019 (COVID-19) and even though you feel well now, it is possible that you are also infected. It can take 2 – 14 days to show symptoms, so we may not know for up to 14 days if you are infected or not. You have been asked to self-quarantine in case you are infected so that you don't pass on the infection to anyone else. It may turn out that you are not infected but it is too soon to tell.

How long do I need to self-quarantine?

Your last day of quarantine is 14 days from when you were last in contact with the person with COVID-19. If you continue to live with and/or care for the person with COVID-19, the quarantine guidance is as follows:

- Your quarantine will end 14 days after the household started to follow the [Home Isolation Instructions](#).
- If there is close contact with a person with COVID-19 (being within 6 feet for more than 15 minutes or there was contact with their body fluids and/or secretions (such as being coughed on/sneezed on, sharing utensils or saliva, or you provided care without wearing protective equipment) the 14-day quarantine period will have to restart.
- If you are unable to avoid close contact, you should stay in quarantine for 14 days after the person with COVID-19 was told they were “cleared” to stop their own isolation. This is likely to be at least 24 days.
- If you do not have symptoms, there is no need to get tested. But if you have been tested, you still need to stay in quarantine for the full 14 days even if your test result is negative.

What are the restrictions?

You must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

1. Stay home. Do not go to work, school, or public areas.
2. Do not allow visitors and limit the number of people in your home.
3. Separate yourself from others in your home (unless they are also in quarantine).
 - Stay in a specific room and away from other people in your home. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years and older, are pregnant, or have a health problem such as a chronic disease or a weak immune system.
 - Use a separate bathroom, if available. If must share a bathroom, remind everyone to close the lid before flushing. Clean the bathroom after each use.
 - Stay at least 6 feet away from others. When this is not possible, wear a face cover.
 - Do not handle pets or other animals.
 - Do not prepare or serve food to others.

Can I leave my residence during quarantine?

- You may not leave your place of quarantine or enter another public or private place except to get necessary medical care.
- If you do not have someone to help you, you can arrange for food and other necessities to be left at your door. If you need help finding food or other necessities call 2-1-1 or Kris/Mary at Ledge Light Health District at 860.448.4882.

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What if I need to seek medical care?

- Call 9-1-1 if you have a medical emergency. For other medical issues, if possible, call your doctor first to get advice by phone or telemedicine and tell them that you are a contact to someone with COVID-19.
- If you do go out for medical care and are having new symptoms or signs of COVID-19, you should wear a surgical mask. If you don't have one, wear a cloth face cover. Infants and children under 2 should not wear cloth face coverings. Children between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation. Children with breathing problems should not wear a face covering.
- Use a private vehicle if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver and leave windows down. You should not use public transport.

Will Public Health notify my workplace or school?

Public Health will not notify or release any personal information about you to your workplace or school unless it is necessary to do so to protect your health or the health of others.

How should I monitor my health during this period?

Monitor your health for signs and symptoms of COVID-19:

- Fever (take your temperature at the same time every day)
- Cough.
- Shortness of breath or trouble breathing.
- Other early symptoms to watch for are loss of sense of smell, taste, chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.

What if I develop symptoms?

If you develop any of the signs or symptoms above, you may have COVID-19. Most people with COVID-19 will have mild illness and can get better with the proper home care and without the need to see a provider. However, if you are 65 years and older, pregnant, or have a health problem such as a chronic disease or a weak immune system, you should let your doctor know about your symptoms. You may be at higher risk of more serious illness so you should monitor your symptoms closely and seek medical care early if they get worse.

You do not need to be tested just to confirm infection. Isolation can be discontinued under the following conditions: At least 24 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms and, at least 10 days have passed since symptoms first appeared.

Call your provider if you have concerns or questions about the need for testing. If symptoms worsen or continue and you need to seek medical care, call your healthcare provider in advance, or 9-1-1 in an emergency, and let them know you are a close contact to a person with confirmed COVID-19.

What should I do if I have additional questions?

Visit our website www.llhd.org for more information and guidance. Please call your health care provider for any questions related to your health. If you need help finding a health care provider, call 2-1-1, Yale-New Haven Hotline 203.688.1700 or the Hartford Healthcare Hotline 800.972.8100.