

# 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 or situation 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 or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Muscle or body aches
- Fatigue
- Nausea, vomiting, or diarrhea
- Headache
- Loss of taste or smell

(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 was within 6 feet of the infected person for at least 15 minutes at any time beginning 2 days before the infected person had symptoms or tested positive. Close contacts include people who had 15 minutes of continuous contact with the infected person, as well as people who had repeated short-duration interactions with the infected person. Being considered a close contact does not depend on whether the contact or the infected person was wearing a face covering during their interaction.

### 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 24 hours after resolution of fever and improvement of other symptoms (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.
- Do not go to work, school, or public areas.

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 everyday.
- Wash your hands often.
- Do not share household items.

#### Practice homecare:

- Rest and drink plenty of fluids.
- Seek medical care if you experience: difficulty breathing, inability to keep fluids down, dehydration, or 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 you develop symptoms or your symptoms get worse.

Home Isolation Steps	Home Quarantine Steps
<p>If you have been diagnosed with COVID-19 or 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 are 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>• If you have symptoms, you can be with others after: <ul style="list-style-type: none"> <li>○ <b>At least 10 days</b> since symptoms first appeared, AND</li> <li>○ <b>24 hours</b> with no fever (without use of fever-reducing medication) AND</li> <li>○ Improvement in symptoms</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>Note: If you are severely immunocompromised or ill, your doctor may recommend a longer isolation period.</b></p> <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 10 days from the day you finish isolating.</li> </ul>	<p>If you live in a household with or 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>You <i>do not</i> need to quarantine if you <b>have been fully vaccinated, have not had any <a href="#">COVID-19 symptoms</a> since the COVID-19 exposure, and are not an inpatient or resident in a healthcare setting or facility. You should still be tested immediately and 5 days after last exposure to case.</b></p> <p>If you have <b>not</b> been fully vaccinated, see steps below.</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 10 day period.</b> (Some exceptions apply in educational settings.<sup>3</sup>)</li> <li>• If you do not have symptoms, you may end quarantine after Day 10 but should continue monitoring symptoms for a full 14 days.</li> <li>• If you are unable to avoid close contact with the person with COVID-19, you must stay in quarantine for <b>10 full days after</b> the case's isolation period. This could mean quarantine for 20 days.</li> <li>• If you do not have symptoms, get tested immediately and 5 days after last exposure to a case. If you are tested before that, get tested again 5 or more days after last exposure to a case.</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>5 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 5 or more days from the last exposure to the case, no additional testing is needed, but you must remain in quarantine for a full 10 days.</li> </ul> </li> </ul> <p><b><u>A household close contact</u></b> (regardless of vaccination status) with ongoing exposure should be tested three times: (1) immediately, (2) 5 days after first exposure to case, and (3) 5 days after case completes their isolation period.</p> <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 you are considered a first responder or healthcare worker and compliance with the Public Health Department's isolation and quarantine guidance would compromise the continuity of service of your operation or department. See <a href="#">COVID-19 Quarantine Guidance for Healthcare Workers During Critical Staffing Shortages</a>.</p>	
<p><sup>3</sup> If exposure occurred in a TK-12 school setting, you may be eligible to end quarantine as early as 7 days after last exposure if asymptomatic and with a negative test on day 5 or 6 after last exposure. Follow the school's specific instructions for your situation.</p>	