



# Instructions for Home Quarantine and Health Monitoring

For close contacts/household members

Even though you may not feel sick, you must remain quarantined at home since you've had close contact with someone with known COVID-19. 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, follow these instructions:

1. Stay in your home.
2. Do not go to work or school.
3. Do not go to the grocery store or run other errands (e.g. going to the pharmacy) unless it is absolutely necessary. Please have family members or friends run errands and drop off items at your doorstep.
4. Do not have visitors during the quarantine period.
5. Wash your hands frequently with soap and water, especially after coughing, sneezing, blowing your nose, going to the bathroom, or having direct contact with moist materials such as tissue and used face coverings. Hand sanitizer with more than 60% alcohol can also be used instead of soap and water.
6. Cover your mouth and nose with tissue when you sneeze or cough. Immediately wash your hands with soap and water afterwards.
7. Do not share toothbrushes, food, drinks, or eating utensils.

## Monitor your health:

- Monitor yourself for symptoms. Symptoms of COVID-19 include fever, chills, fatigue, headache, sore throat, muscle or body aches, cough, shortness of breath, runny or stuffy nose, loss of taste or smell, nausea, vomiting, or diarrhea.
- If you start to feel sick, please contact your healthcare provider and let them know you have had contact with 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 as you would with any other mild cold or flu.

## When does quarantine end:

- If you do not live with someone who has COVID-19, your quarantine will end after 10 days from last exposure to the known COVID-19 positive individual.
- If you live with someone who has COVID-19 and you can't quarantine in your own bedroom and bathroom, you will need to be quarantined for 10 days after your household member no longer needs to be isolated.
- You can shorten your quarantine to 7 days if a COVID-19 test collected on Day 5 or later is negative. The last day of your exposure is Day 0 and you can resume normal activities on Day 8.

If you have any concerns or questions, please call your primary care doctor first, then the Public Health COVID Line at: (530) 666-8614 during normal business hours (Mon - Fri 8:00 AM—5:00 PM).



