



Instructions for Home Quarantine and Health Monitoring

For close contacts/household members

Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. It's a way to prevent the spread of the virus to more people. Your quarantine period is based on your vaccination status.

If you were exposed to someone with COVID-19

If you:	Then:
<ul style="list-style-type: none"> • Have been boosted OR • Completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR, • Completed the primary series of J&J vaccine within the last 2 months 	<ul style="list-style-type: none"> • Wear a mask around others for 10 days • Test immediately and again on day 5. <i>If you develop symptoms get a test and stay home.</i>
<ul style="list-style-type: none"> • Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR, • Completed the primary series of J&J over 2 months ago and are not boosted, OR • Are unvaccinated or partially vaccinated 	<ul style="list-style-type: none"> • Stay home for 5 days. After that continue to wear a mask around others for 5 additional days. • Test immediately and again on day 5. <i>If you develop symptoms get a test and stay home.</i>

Follow these instructions while staying home in quarantine:

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 masks. Hand sanitizer with more than 60% alcohol can also be used instead of soap and water.
6. Cover your mouth and nose with a 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, headache, body aches, fatigue, sore throat, cough, shortness of breath, runny or stuffy nose, loss of taste or smell, nausea, vomiting, or diarrhea.
- If you start to feel sick, get tested for COVID-19. Contact your healthcare provider and let them know you had contact with someone who has tested positive for COVID-19.

If you have any concerns or questions, please call your primary care doctor first. You can also call the Yolo County COVID-19 Response Operations Center Line at: (833) 965-6268 (833-YOLOCOV), or our Public Health COVID Line at:(530) 666-8614 during normal business hours (Mon - Fri 8:00 AM—5:00 PM).