

# Home Quarantine Guidance for Coronavirus Disease 2019 (COVID-19) Close Contacts

**This guidance is for individuals in close contact with someone with COVID-19.**

*If you are a healthcare worker, first responder, or other [critical infrastructure worker](#), please refer to your employer and the [CDC Safety Practices for Critical Infrastructure Workers](#) web page for guidance.*

## Why am I being asked to self-quarantine?

You have been in close contact with someone who has known or suspected Coronavirus Disease 2019 (COVID-19). **Close contact** includes being within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period, contact with their body fluids or secretions (such as being coughed on or sneezed on), sharing utensils or saliva, or you provided care without wearing protective equipment. Even though you may currently feel well, it is possible that you are also infected with the COVID-19 virus. After being exposed, it can take 2-14 days for symptoms to appear, so we may not know for up to 14 days after your last contact with the individual with known or suspected COVID-19 if you are infected or not. You have been asked to self-quarantine in case you do have the virus so that you don't pass on the virus to anyone else, especially since individuals can spread the virus up to 48 hours before symptoms appear. Your actions can help prevent the spread of the disease during this epidemic.

## How long should I self-quarantine?

Your last day of quarantine is 14 days from when you last had contact with the individual who has known or suspected COVID-19. If you continue to live with or care for a person with COVID-19, the quarantine guidance is as follows:

- Your quarantine will end 14 days after everyone in your household started to follow the [Home Isolation Instructions for Coronavirus Disease 2019 \(COVID-19\)](#).
- If you already started your 14 day quarantine and then have additional instances of close contact with a person with COVID-19 (such as any of the examples of close contact listed above), then you will have to restart the 14-day quarantine period.
- If you do not have any symptoms or if you have been tested for COVID-19 and your test results are negative, you still need to stay in quarantine for 14 days.

## What are the details of self-quarantining?

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 in your home.
3. Separate yourself from others in your home (unless they are also in quarantine).
  - Select a specific room in your home that will be used for you to separate yourself from others—Stay in this room away from other people in your home as much as possible. It is especially important to stay away from individuals who are at higher risk of serious illness if infected.

**People with an increased risk for serious illness from COVID-19 include:**

- [Older Adults—Risk for Severe Illness Increases with Age](#)

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## People of any age with certain underlying medical conditions, including:

- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Immunocompromised State (Weakened Immune System) from Solid Organ Transplant
- Obesity—Body Mass Index (BMI) of 30 or higher.
- Serious Heart Conditions (such as heart failure, coronary artery disease, or cardiomyopathies)
- Sickle Cell Disease
- Type 2 Diabetes Mellitus

## **Children who have a higher risk for severe illness from COVID-19 include:**

- Medically Complex
- Those who have neurologic, genetic, or metabolic conditions
- Congenital Heart Disease

## **People who might be at an increased risk for severe illness (based on limited data about this new disease) include people with the following conditions:**

- Asthma
- Cerebrovascular Disease
- Cystic Fibrosis
- Hypertension or High Blood Pressure
- Immunocompromised State (Weakened Immune System) from Blood or Bone Marrow Transplant, Immune Deficiencies, HIV, Use of Corticosteroids, or use of other Immune Weakening Medicines
- Neurologic Conditions (Such as Dementia)
- Liver Disease
- Pregnancy
- Pulmonary Fibrosis
- Smoking
- Thalassemia
- Type 1 Diabetes Mellitus
- Use a separate bathroom, if available.
- Wear a face cover and keep a distance of at least 6 feet when around others in your home.
- Separate yourself from your pets.
- Do not prepare or serve food to others.

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## 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 who can help you with essential needs, arrange for food and other necessities to be delivered to your home and left at your door.
- [Call 2-1-1 San Diego to learn about services available.](#)

## How should I monitor my health during this period?

Monitor your health and watch for signs and symptoms of COVID-19, which many include any of the following symptoms:

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## What if I develop symptoms?

If you develop any of the symptoms listed above, you may have COVID-19 and should call your healthcare provider for medical advice. Most people with COVID-19 will have mild illness and can self-isolate and recover at home. However, if you are at an increased risk for serious illness if infected, because of your age, or an underlying health condition, let your healthcare provider know about your symptoms and seek medical care early if your symptoms get worse.

Make a note of when your symptoms started. You should continue to isolate yourself and follow the guidance in the [Home Isolation Instructions for Coronavirus Disease \(COVID-19\)](#). If your symptoms worsen or don't improve and you need to seek medical care, make sure you put on a mask or face covering before you enter the facility to protect others from catching the infection from you. If you require emergency assistance call 9-1-1 and let the operator know you are a close contact to a person with confirmed COVID-19.

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## Can I get tested?

All San Diego County residents are eligible for free testing, call your healthcare provider if you have health-related concerns or questions about the need for testing. If you are not able to get tested through your healthcare provider, the County of San Diego has coordinated free testing for COVID-19 at many testing locations throughout the county. Visit the [Testing page at www.coronavirus-sd.com](http://www.coronavirus-sd.com) to find a testing site and schedule an appointment online or call 2-1-1. *\*Some testing sites may not require an appointment.*

*Please remember that even if your COVID-19 test results come back negative, you still need complete the full 14 days of quarantine in case you develop symptoms, or your condition changes and you become contagious.*

## What if I need to seek medical care?

If you are experiencing any mild to moderate symptoms of COVID-19, such as those listed above, call your healthcare provider to get advice by phone or telemedicine and tell them that you are a contact to someone with COVID-19.

If you need to seek medical care and have new symptoms or signs of COVID-19, make sure you put on a surgical mask. If you do not have a surgical mask, you should wear a cloth face cover.

Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver and leave windows down—You should not use public transportation.

**Call 911 if you are experiencing any symptoms that require emergency assistance, such as:**

- Trouble breathing
- Persistent pain or chest pressure
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

## 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.

## What should I do if I have additional questions?

Visit our website [www.coronavirus-sd.com](http://www.coronavirus-sd.com) for more information, resources, and guidance. Please call your healthcare provider for any questions related to your health. If you do not have a healthcare provider, are uninsured, or need help finding community resources or scheduling a test, call 2-1-1 for assistance.