Quarantine Guidance for Household and Close Contacts (Updated 8/7/20)

If you **live in the same home** or **were in close contact (within 6 feet for longer than 10 minutes)** with someone with COVID-19, you should **stay at home in quarantine.**

This means you should:

- **Separate yourself from the ill person (people) in the home,** if you live with the person with COVID-19.
- **Stay at home for 14 days after your last contact with the person with COVID-19,** except to get essential medical care, prescriptions, and food. This includes:
  — **Not going to work (unless you work in an essential service* AND do not have any symptoms consistent with COVID-19[1]), school, or public areas**
    o **If you work in an essential service* AND do not have any symptoms consistent with COVID-19[1]** and must go to work during the 14 days after your last contact with the person with COVID-19, **you must wear a cloth face mask** when you are within 6 feet of other people.
  — **Not using public transportation, rideshares, or taxis**
- **Wash your hands** and avoid touching your eyes, nose, and mouth AND cover your coughs and sneezes.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Call ahead** before going to any medical appointments and tell your healthcare provider about your close contact with someone who has COVID-19.
- **Monitor your temperature & symptoms** for 14 days after your last contact with the person with COVID-19.

If you develop any symptoms consistent with COVID-19[1] during the 14-day monitoring period, you should:

1) **Get tested for COVID-19** with a PCR or antigen test (swab test) at a healthcare facility or other testing site.

2) If you **do not get tested**, are **waiting for your test results OR test positive for COVID-19**, you should isolate at home until:
   - At least 10 days have passed since your symptoms first started **and**
   - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
   - Your other symptoms have improved.

3) If you **do not get tested**, are **waiting for your test results OR test positive for COVID-19 AND** are admitted to the **Intensive Care Unit (ICU) OR** you are **severely immunocompromised[2]**, you should isolate until:
   - At least 20 days have passed since your symptoms first started **and**
   - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
   - Your other symptoms have improved.

4) If you **test negative for COVID-19**, you should isolate at home until:
   - At least 14 days have passed since your last exposure to the person with COVID-19 **and**
   - At least 24 hours have passed since your fever resolved (without the use of medication) **and**
   - Your other symptoms have improved.