

You are Quarantined for COVID-19 Exposure, Now What?

As a person being quarantined for exposure to COVID-19, please follow the steps below to help prevent the disease from spreading to people in your home and community.

ISOLATE

People who are quarantined or mildly ill with or suspected to have COVID-19 should isolate at home during the course of the illness. Activities outside the home should be restricted. Do not attend work, school or spend time in public areas. Do not use public transportation, ride-sharing or taxis.

SEPARATE

Separate yourself from the people and animals you live with in your home as much as possible which includes using a separate bathroom if available. If total separation is not possible, avoid close contact with people and pets. Do not snuggle, kiss or share food or drink and remember to wash your hands often. Avoid sharing dishes, cups, utensils, towels, bedding and other personal items in the home until they can be washed with soap and water. Clean all high-touch surfaces (counters, tabletops, doorknobs, toilets, phones, etc.) at least daily if not more often. Utilize household cleaning sprays and wipes according to the label instructions. Facemasks can be worn when around other people or pets. If you are not able to wear a facemask, then others may wear a facemask only when entering your isolated space.

COVER YOUR COUGH/WASH YOUR HANDS

Cover your mouth and nose with a disposable tissue when you cough or sneeze. Throw these tissues into a lined trash can and immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose or mouth as much as possible.

MONITOR YOUR SYMPTOMS

If in the course of your illness you experience worsening or severe symptoms, it is important to seek medical care. BEFORE SEEKING CARE, call ahead to the clinic or hospital where you plan to go and tell them you are being evaluated for or have been diagnosed with COVID-19 as they will have facility-specific instructions. The facility may have a separate door or process for intake for COVID-19 patients that will help to reduce the risk of infecting others.

If you have a medical emergency, call 911 and inform the dispatch personnel that you have or are being evaluated for COVID-19. If possible, put on a facemask before EMS arrives.

ENDING THE QUARANTINE

If your period of quarantine expires without you developing symptoms, you may resume your normal activities.

If your symptoms or test results indicate that you DO have COVID-19, remain in home isolation until the risk of secondary transmission is low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments. The amount of time that this may be is dependent in each individual case and could be days to weeks.

You should still remain in home isolation until fever free without the use of fever-reducing medications for at least 72 hours (3 days) and have improved illness signs or symptoms.