



Home Isolation and Quarantine Guidelines for People with Coronavirus-2019 (COVID-19) Infection and their Household or Close Contacts

- 1) If you have a test confirmation or a doctor's diagnosis of COVID-19, you are subject to Health Officer Isolation Directive, which is available at <https://www.sfdph.org/dph/alerts/files/Blanket-Isolation-Directive-05.2020.pdf>
- 2) If you are in a household that has COVID-19 or you have had close contact with a person who has COVID-19, you are subject to Health Officer Quarantine Directive, which is available at <https://www.sfdph.org/dph/alerts/files/Blanket-Quarantine-Directive-05.2020.pdf>
- 3) If you are awaiting test results, follow the Home Isolation Steps (below) until results arrive. If your results are negative, check with your doctor before you stop following the Home Isolation Steps.

Home Isolation Steps

If you have been diagnosed with COVID-19 **or** you are awaiting COVID-19 test results, you must follow these Home Isolation Steps to prevent the spread of disease.

Stay home until you have recovered

- Most people with COVID-19 have mild illness and can recover at home. If you are 60 years or older or have a condition such as heart, lung, or kidney disease, diabetes, high blood pressure, or a weakened immune system, you are at higher risk of getting more seriously ill.
- Do not go to work, school, or public areas.
- Stay home until recovered. Recovery means: your fever is gone for the past 72 hours without the use of fever-reducing medicine like acetaminophen (Tylenol®) **and** your cough or trouble breathing has improved, **and** it's been at least **10 days** after your first symptoms. If you had a positive COVID-19 test but never had symptoms, stay home for at least **10 days** after the date of your test.

Close Contacts

- People in your home, your sex partners, and people who take care of you or who you take care of, are considered "close contacts." Also considered close contacts are people who you can identify who stayed within 6 feet of you for more than 10 minutes while you were not wearing a facemask, or who had direct contact with your body fluids or secretions while they were not wearing a facemask, gown, and gloves.
- If you have a test confirmation or doctor's diagnosis of COVID-19, then everyone who you had close contact with from 48 hours before your symptoms began until you self-isolated, should follow the Home Quarantine Steps. Please share this document with them. To request help in notifying your Close Contacts without revealing your identity to them, please call 415-554-2830.

What if you can't separate yourself from others?

- Anyone who continues to be in close contact with you will need to begin a new quarantine cycle of 14 full days after the last day that person had close contact with you, or from the date that your isolation ends.

Which groups do not have to self-isolate?

- Minor children and individuals with special needs who require specialized care

Home Quarantine Steps

If you live in a household with **or** had close contact with someone diagnosed with COVID-19 (including contact from 48 hours before that person had any symptoms, until they self-isolated) you must follow these Home Quarantine Steps. It can take up to 14 days to develop symptoms if you become infected with COVID-19. You must stay home and monitor your own health during this time to prevent passing infection to anyone else.

Stay home to see if you develop symptoms

- You must stay in home quarantine for 14 full days after you were last in close contact with the person with COVID-19.
- Close contact with a person with COVID-19 is described in the column to the left.
- If you are unable to avoid close contact with the person with COVID-19, you must stay in quarantine for **14 full days** after the day that person completed their self-isolation. This is likely to be at least 24 days total.

What if you develop symptoms?

- COVID-19 symptoms include fever, chills, cough, shortness of breath, sore throat, runny nose, or muscle pain, headache, nausea, vomiting, diarrhea, or losing the sense of smell or taste.
- If you develop any of the above symptoms, and they are new symptoms that you don't usually have in daily life, then you may have COVID-19 and you must follow the Home Isolation Steps.
- Monitor your symptoms closely and seek medical advice or medical care if symptoms worsen, especially if you are at a higher risk of serious illness.
- Check with your medical provider or seek COVID-19 diagnostic testing to confirm the diagnosis.

Which groups do not have to quarantine?

- Minor children and individuals with special needs who require specialized care
- Essential COVID-19 Response Workers* (check employer's policy; try to follow Home Quarantine Steps while not at work)

*Essential COVID-19 Response Workers includes healthcare workers, laboratory personnel handling COVID-19 specimens, morgue workers, first responders, law enforcement, sanitation workers, 911 and 311 operators, emergency management personnel, individuals assigned to work as Disaster Service Workers, and individuals who work in long-term care facilities or homeless shelters.



Restrictions and Information that Apply to BOTH Home Isolation and Home Quarantine

- Stay home except to seek medical care. Do not go to work, school, or public areas.
- Do not use public transportation, ride shares or taxis.
- Separate yourself from others in your home, especially people who are at higher risk of serious illness.
- Stay in a specific room and away from other people in your home as much as possible. Use a separate bathroom, if available.
- Do not prepare or serve food to others.
- Do not allow visitors into your home.
- Limit your contact with pets.

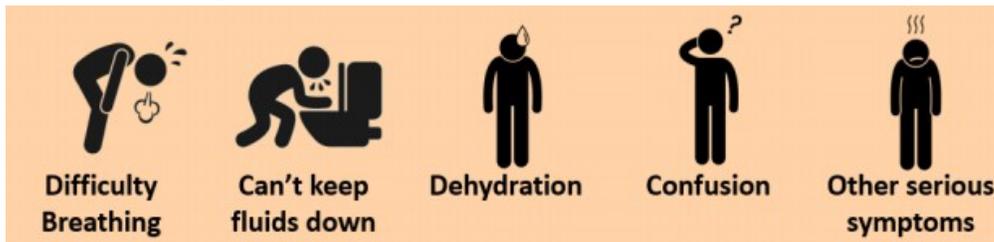
If you cannot meet the requirements for Isolation or Quarantine where you currently live, you can contact 3-1-1 to request assistance with housing, food, or other needs.

Prevent the spread:

- Wear a face covering or mask if you are in the same room with others. If you are unable to wear a face covering or mask, others should wear a face covering or mask if they share or enter the room.
- Cover your coughs and sneezes. Cover your mouth and nose with a tissue or sneeze into your sleeve -- not into your hands -- then throw away the tissue into a lined trashcan and immediately wash hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds - especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 60% alcohol can be used instead of soap and water if the hands are not visibly dirty.
- Do not share household items such as dishes, cups, utensils, towels, bedding with other people. After using these items, wash them thoroughly with soap and water. Laundry may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary.
- Clean and disinfect all “high-touch” surfaces every day (including counters, tabletops, doorknobs, faucets, toilets, phones, tv remotes, keys, keyboards), and especially any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions. More info: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

Practice home care:

- Rest and drink plenty of fluids. You may take acetaminophen (Tylenol®) to reduce fever and pain.
 - Do not give children younger than age 2 years any medications without first checking with a doctor.
 - Note that medicines do not “cure” COVID-19 and do not stop you from spreading the virus.
- Seek medical care if your symptoms get worse, especially if you are at a higher risk of serious illness.
- **Symptoms that indicate you should seek medical care include:**



- If possible, call ahead before going to your doctor’s office or hospital and tell them you are in Isolation for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.
 - Do not wait in any waiting rooms and do wear a face covering or mask at all times if possible.
 - Do not use public transportation.
 - If you call 911, first notify the dispatch and paramedics that you are under isolation for COVID-19.

Copies of these Guidelines and answers to common questions are available in multiple languages. Visit <http://www.sfgcdcp.org/covid19> under **Isolation and Quarantine Directives** or call 3-1-1.

Thank you for your cooperation in this important public health matter.