



FOR CLOSE CONTACTS/HOUSEHOLD MEMBERS

Instructions for Home Quarantine & Health Monitoring

Even though you may not feel sick, you must remain quarantined at home if you have been in close contact with someone with a known COVID-19 infection. Quarantine is a way to prevent the spread of the virus. You will need to stay home and monitor yourself for any signs of illness.

During your quarantine period, please follow the instructions below:

1. Stay in your home during the quarantine period:
 - a. 10 days from your last exposure to someone infected with COVID-19
OR
 - b. 7 days from your last exposure to someone infected with COVID-19 if a COVID-19 test was done on or after Day 5 from your last exposure to someone infected with COVID-19
2. Do not go to school.
 - a. If you had a close contact in a supervised K-12 school setting, you may qualify for changes to the school quarantine. These quarantine recommendations should be discussed with school personnel.
3. Do not go to daycare, after school programs, extracurricular activities.
4. Do not go to work.
5. Do not go to the grocery store or run other essential errands (e.g., going to the pharmacy) unless it is absolutely necessary. Please plan to use family members or friends for your essential errands.
6. Do not have visitors for the duration of the quarantine period.
7. 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, diapers, and used masks. Hand sanitizer with greater than 60% ethanol or 70% isopropanol as active ingredients can also be used instead of soap and water if the hands are not visibly dirty.
8. Cover your mouth and nose with tissue when you sneeze or cough. Put tissues in the garbage and wash your hands immediately with soap and water or use hand sanitizer.
9. Do not share toothbrushes, drinks, or eating utensils.

Monitor your health:

- Monitor yourself for symptoms. The most common symptoms of COVID-19 are fever, cough, and shortness of breath.
- If you start to feel sick, please contact your healthcare provider and let them know you have had contact with someone who has tested positive for COVID-19.
- If you develop symptoms and are unable to get tested for COVID-19 right away through your employer or healthcare provider, you can call Contra Costa Public Health at (844) 421-0804 8:00 am-3:30pm daily or visit <https://www.coronavirus.cchealth.org/get-tested> to schedule an appointment for COVID-19 testing.





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- If you are diagnosed with COVID-19 or have symptoms of COVID-19 but unable to get tested, you will have to isolate at home until you have cleared the infection. Please visit <https://www.coronavirus.cchealth.org/for-covid-19-patients> and review self-isolation instructions for confirmed COVID-19 cases.

For Individuals who have been fully vaccinated

If you have been vaccinated and had close contact to someone with suspected or confirmed COVID-19 you do not need to quarantine if:

- You are fully vaccinated (it has been 2 weeks or more after getting the second dose in a 2-dose vaccine series, or 2 weeks or more after getting one dose of a single-dose vaccine series) **AND**
- You have not developed any symptoms since you had your close contact.

If you do not need to quarantine, you should still follow testing recommendations and test as a close contact to someone with suspected or confirmed COVID-19. You should also wear a mask while in public indoors settings and follow any local or state guidance on masking.

Regardless of your vaccination status, you should also continue to watch for symptoms of COVID-19 for 14 days after your close contact and if you start to feel sick, you should isolate immediately and follow the guidance in the *Monitor Your Health* section above. If you go to a healthcare setting (clinic, hospital, etc.) you should tell the facility that you are vaccinated but are a close contact to a COVID-19 case. As a close contact, you may still be contacted by public health for further information and guidance.

If you do not meet all the criteria above, you should continue to follow current quarantine guidance (on page one of this document) after a close contact to a COVID-19 case.

If you are fully vaccinated and work with a vulnerable population or in a healthcare setting, you may be instructed to remain off work for the quarantine period.

When does quarantine end?

- Your quarantine will end if you do not have symptoms either:
 - After 10 days from your last exposure to the known COVID-19 positive individual, with or without testing. You must continue to monitor yourself for COVID-19 symptoms for the full 14-day period after your last exposure, as noted above under *Monitor Your Health*. You should also continue to use preventive





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measures such as the use of a mask/face covering and social distancing from others.

OR

- After 7 days from your last exposure to the known COVID-19 positive individual, if COVID-19 testing is done on or after day 5 from your last exposure to someone with COVID-19. You must continue to monitor yourself for COVID-19 symptoms for the full 14-day period after your last exposure, as noted above under *Monitor Your Health*. You should also continue to use preventive measures such as the use of a mask/face covering and social distancing from others.
- If your household member is positive for COVID-19, you will need to be quarantined for either 10 or 7 days, as noted above, after your household member no longer needs to be isolated.
- Work restrictions after a close contact should be reviewed with your workplace.
 - Workplaces may ask you to remain off of work for the full 10 days, regardless of a negative test.
 - If you work with a vulnerable population, you may be instructed to remain off of work for the full 14-day quarantine period.

For Students in a K-12 Setting

If you or your child is a student who had a close contact in a supervised K-12 school setting, you or your child may qualify for changes to the school quarantine. These quarantine recommendations should be discussed with school personnel.

If you have any concerns or questions, please call the Public Health COVID Response line during normal business hours (Monday-Friday 8:00AM-5:00PM) at **925-313-6740** or email us at **CoCohelp@cchealth.org**. You can also find more information online at cchealth.org/coronavirus.

