



FOR CLOSE CONTACTS/HOUSEHOLD MEMBERS

Instructions for Home Quarantine & Health Monitoring

You will need to stay home (quarantined), even though you may not feel sick, since you have had close contact with someone with known COVID-19 infection, unless you are fully vaccinated. Quarantine is a way to prevent the spread of the virus to more people. If you are a health care worker or first responder, please contact your employer for further instructions. Fully vaccinated persons who have had close contact with a case may refrain from quarantine following a known exposure if asymptomatic. It is recommended by CDC that fully vaccinated persons exposed to COVID-19 test 5-7 days after the exposure and wear a mask in public for 14 days. If symptoms develop, they should isolate and test immediately. Persons who have tested positive for COVID-19 within the past three (3) months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.

Unvaccinated close contact: What do I do during my quarantine period?

1. You are to stay in your home.
2. Do not go to work or school.
3. Do not have visitors for the duration of the quarantine period.
4. Wash your hands frequently with soap and water, especially after:
 - Coughing
 - Sneezing, blowing your nose
 - Going to the bathroom
 - Contact with moist materials such as tissue, diapers or a used mask
 - A minimum of 60% alcohol-based hand sanitizer can also be used instead of soap and water if the hands are not visibly dirty.
5. 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.
6. Do not share toothbrushes, drinks or eating utensils.

Unvaccinated close contact: When does quarantine begin/end?

- Quarantine begins on the day after you were last in close contact with the person infected, or likely to be infected with COVID-19. That is considered day 1 of the quarantine. Quarantine ends the day after the last day of the quarantine.
- If no testing is done, you are required to quarantine for a minimum of 10-14 days after you were last in close contact (14 days is safest to prevent spread of infection to others).
- Quarantine may be shortened to 7 days with a negative test on or after day 5 of the quarantine.
- Because it is possible to become sick at any point over the 14 days after exposure, you should continue to monitor for symptoms for the full 14 day period even if your quarantine ends sooner.
- If you live with someone who is ill with COVID-19 and cannot isolate from them, your quarantine begins the day after your household member no longer needs to be isolated.

Everyone exposed to COVID-19: What do I watch for?

- Everyone exposed to COVID-19 should monitor yourself for symptoms for 14 days, regardless of vaccination status. Symptoms of COVID-19 can include fever, cough, shortness of breath, headache, body aches, sore throat, runny nose, vomiting, diarrhea and loss of sense of taste or smell.
- If you start to feel sick, stay home except for medical care or testing. Please contact your health care provider and let them know you are a **contact to someone who has tested positive for COVID-19. Your health care provider may arrange for testing. If you do not have a provider, please call the Joint Information Center for information about testing (<https://humboldt.gov/2787/Test-Registration>).**

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If you have any concerns or questions, please call the Humboldt County COVID Information Line during normal business hours, weekdays 8 a.m.-5 p.m. at **707-441-5000** or email us at CovidInfo@co.humboldt.ca.us.