

Coronavirus Disease 2019 (COVID-19)

Quarantine: Guide for Close Contacts Who Are Not Ill

If you have questions, or you start to feel ill, contact your health care provider.

Monitor your symptoms.

- Monitor yourself for symptoms including: fever, cough, or difficulty breathing.
- Other symptoms you may experience include: congestion, sore throat, headache, body aches, stomach cramps, or diarrhea.

Stay home.

- Stay home as much as possible for 14 days after last date of exposure to someone with COVID.
- Contact your work and see if you can work from home.

Avoid contact with others.

- As much as possible, avoid being around others.
- If you need to be around other people in or outside of the home, wear a face mask if available.

Limit the number of visitors in your home.

- Only have visitors who you must see.

Keep your distance.

- Try to stay 6 feet away from people you are around.
- Limit contact with pets and animals.

Cover your coughs and sneezes.

- Cover your mouth and nose with a tissue when you cough or sneeze.

Avoid touching your face.

- Try not to touch your face, especially your eyes, nose and mouth.

Wash your hands.

- Wash your hands often with soap and water.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- This is important after blowing your nose, coughing, or sneezing; going to the bathroom; and especially before touching or eating food.

Public spaces.

- It is okay to go out for a walk or to engage in physical activity but be sure to follow social distancing guidelines. Maintain a distance of at least 6 feet from others.
- Avoid crowded public spaces and places where you cannot maintain a 6-foot distance from others.
- Try and avoid using public transportation if you can.

Clean.

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.

Avoid sharing personal items.

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with others.

If caring for someone who has tested positive:

- When possible, wear a mask and gloves around the person and when you have contact with person's saliva or other body fluids.
- Wash laundry thoroughly. There is no need to separate the laundry, but if possible, wear mask and gloves when handling.
- Be careful when handling waste. Take care not to touch used tissues with bare hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Dispose of gloves and mask after every use. If using a cloth mask wash after use. Always wash hands after removing mask and gloves.

What should you do if you develop symptoms?

- Self-isolate immediately and contact your health care provider.
- Tell your health care provider you have been identified as a close contact of a person with COVID.
- If you are having difficulty breathing, call 911.

Learn more about COVID-19

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact, such as people who live in the same household or provide care. You can access up to date information on COVID-19 on the Centers for Disease Control's webpage at:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Information current as of November 10, 2020.