

## Novel Coronavirus 2019 (COVID-19) Outbreak: Guidance for Quarantine for **Household Contacts**\*\*

If you **live in the same home** as someone with **respiratory symptoms** (cough or shortness of breath) **OR** someone with **COVID-19**, you should **stay at home and quarantine**:

- **Separate** yourself from the ill person (people) in the home.
- **Stay at home for 14 days after separating yourself from the ill person**, except to get essential medical care, prescriptions, and food. Do not go to work, school, or public areas (e.g., shopping centers, movie theaters, stadiums, etc.). Do not use public transportation, including rideshares and taxis. Do not go on long-distance travel.
- **Call ahead** before visiting your doctor and reschedule all non-essential medical appointments.
- **Cover** your coughs and sneezes.
- **Wash your hands** and avoid touching your eyes, nose, and mouth.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Monitor your temperature & symptoms** for 14 days after separating yourself from the ill person (people) in the home.
  - **Temperature monitoring**: Please take and record your temperature daily.
  - **Symptom monitoring**: the following symptoms could be associated with COVID-19: fever, cough, difficulty breathing or shortness of breath, chills, repeated shaking with chills, sore throat, muscle/body aches, headache, and new loss of taste/smell.

### **If you develop fever or any of the symptoms listed during the 14-day monitoring period:**

- 1) Get tested for COVID-19 with a PCR test (nose swab) at a healthcare facility or drive-thru testing site.
- 2) If you have **symptoms and tested positive for COVID-19**, you should:
  - Remain in home isolation until **10 days** have passed since your **symptoms first started AND**
  - At least **3 days (72 hours)** have passed since your **fever (including chills, shakes, and body/muscle aches) has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath, difficulty breathing, sore throat, and loss of taste/smell) have improved**.
- 3) If you have **symptoms and tested negative for COVID-19 (or you do not get tested)**, you should:
  - Stay home and away from others until **3 days (72 hours)** have passed since your **fever (including chills, shakes, and body/muscle aches) has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath, difficulty breathing, sore throat, and loss of taste/smell) have improved**.
- 4) **Should you elect to seek healthcare please call ahead before going to your medical appointment**, be sure to tell your healthcare provider about your travel or your close contact with someone who is confirmed to have, or being evaluated for, COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected.

\*For more information, please visit the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/>

\*\*Current as of 5/5/20. Recommendations are subject to change as the situation evolves.