



## 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 had close contact with someone with known COVID-19 (also known as novel coronavirus). Quarantine is a way to prevent the spread of the virus to more people. You will need to stay home and monitor yourself for any signs of illness.

#### During your Quarantine period, please follow the instructions below:

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 62% 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.

#### Monitor your health:

- Monitor yourself for symptoms. 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. 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 Public Health.**

#### When does quarantine end?

- If you do not live with someone who has COVID-19, your quarantine will end after 14 days.
- Even if you are tested during your quarantine period and test negative, you still remain in quarantine because it is possible to become sick at any point over the 14 days.
- If you live with someone who is ill with COVID-19, you will need to be quarantined for 14 days after your household member no longer needs to be isolated.

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If you have any concerns or questions, please call Humboldt County Public Health during normal business hours, daily 8 a.m.-5 p.m. at **707-268-2182** or email us at **CVDnurse@co.humboldt.ca.us**.