Self-Quarantine Instructions for
Individuals Exposed to COVID-19

Why is self-quarantine important?

If you have been exposed to someone with COVID-19, you could be infected and spread the disease before you feel any symptoms even if you never feel sick.

How long should I self-quarantine?

You should quarantine for 14 days after your last contact with an infected person.

How do I self-quarantine?

- Stay home except to get medical care
- Do not have any visitors
- Stay at least 6 feet away from other people, especially those in high-risk groups that are more likely to get sick, such as people who:
  - Are over age 65
  - Are severely overweight
  - Have a chronic disease (like cancer, diabetes, or heart/lung disease)
  - Have a weak immune system

minimum 6ft

- Wear a face covering when around others
- Cover your coughs and sneezes
- Wash your hands often with soap and water for at least 20 seconds, or if you can't wash your hands, use hand sanitizer with at least 60% alcohol
- Disinfect any surfaces you touch frequently
- If you must be in a shared space, open windows when possible

Should I get tested for COVID-19 during self-quarantine?

Your public health department may ask you to get tested. Getting tested is especially important if you have symptoms of COVID-19. Ask your medical provider or public health department about getting tested. To find testing in your area, visit covid19.ca.gov/testing-and-treatment.

What should I do if I start to have symptoms?

Contact your medical provider or public health department and discuss your symptoms, testing, and treatment. Be sure to alert your medical provider if you are in a high-risk group.

Call 911 if you start to have emergency warning signs

| Difficulty breathing | Pressure or pain in chest | Bluish lips or face | Confused or hard to wake | Other serious symptoms |

If you call 911, tell the dispatch personnel that you have COVID-19.

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