

Quarantine Guidance for Household and Close Contacts of People with COVID-19

Updated September 20, 2020

This is a rapidly evolving situation. Recommendations will be updated and shared as new information becomes available.

If you live in the same home* or had close or direct*** contact with someone with COVID-19, you should STAY AT HOME AND QUARANTINE.**

You are at risk for contracting and spreading COVID-19, even if you do not feel sick.

Following these recommendations is important to protecting yourself, your loved ones, and your community.

If you are a household or close contact of someone who has COVID-19, you should:

- **Separate yourself from the ill person/people in the home** if you LIVE with someone who has COVID-19.
- **Stay at home for 14 days after separating yourself from the ill person**, except to get essential medical care and wear a face cover when leaving your house.
 - Do not go to work, school or any public areas (e.g., shopping centers, hair salons, etc.).
- Stay away from people at **high risk for severe illness**.
- **Separate yourself from others in your home** (unless they are also in quarantine).
- **Clean** all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables with a diluted bleach solution or a household disinfectant that says “EPA-approved.”
 - To make a diluted bleach solution, add 1 tablespoon of bleach to 1 quart of water.
- **Avoid sharing household items** like dishes, remote controls, and bedding.
- **Wash your hands** frequently and avoid touching your eyes, nose, and mouth.
- Monitor your temperature & symptoms for 14 days after your last contact with the person with COVID-19.
 - Temperature monitoring: please take and record your temperature twice each day.
 - Symptom monitoring: Fever or chills, cough, difficulty breathing or shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea are symptoms associated with COVID-19.

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 test positive for COVID-19**, you should:
 - Remain in **home isolation** until 10 days have passed since your symptoms first started **AND**
 - At least 24 hours have passed since your fever has gone **away without the use of fever-reducing medications AND**
 - Your other symptoms (cough, sore throat, congestion, etc.) have improved.
3. If you have symptoms and test negative for COVID-19 (or you do not get tested), you should:
 - Stay home and away from others until 24 hours have passed since your fever has gone away **without the use of fever-reducing medications AND**
 - Your other symptoms (cough, sore throat, congestion, etc.) have improved.
4. If you decide to seek care from a medical provider, call ahead before your appointment. Be sure to inform them about your symptoms and close contact with someone diagnosed with COVID-19. This will help the provider take steps to protect you, their staff, and other patients.

*Household contact = living in the same house, apartment, room with the person who has COVID-19

**Close contact = have spent 15 minutes or more within 6 feet of the person who has COVID-19

***Direct contact = physical contact including kissing or hugging; sharing eating or drinking utensils; or the person sneezed, coughed or otherwise got respiratory droplets on you

Questions or concerns about COVID-19? Call 2-1-1 or visit <https://www.cdc.gov/coronavirus/2019-ncov/> OR www.pima.gov/cov