

Quarantine Instructions for People Exposed to COVID-19

This is a guide for people considered “**close contacts**” of someone with COVID-19. People who live or work in high-risk settings, such as hospitals and nursing homes, should consult quarantine guidance for those settings.

If You Don't Have Symptoms

You do **not** need to quarantine at home, but you should:



Take a test 3-5 days after you were exposed



Wear a mask when around others for 10 days



Stay home and isolate for up to 10 days if symptoms develop or you test positive

If You Have Symptoms



Isolate at home and test as soon as possible to determine infection status



Stay in isolation while waiting for test results



Consider continuing self-isolation and retesting in 1-2 days if you test negative with a rapid antigen test, particularly if you tested negative during the first 1-2 days of symptoms



If you test positive, continue isolating at home for up to 10 days



For more information,
visit bit.ly/covid19-patients
or call 833-829-2626

COVID-19 Symptoms

- » Cough
- » Congestion, shortness of breath
- » Sore throat
- » Loss of taste or smell
- » Fever or chills
- » Fatigue, muscle or body aches

Am I a “Close Contact”?

- » You are a “close contact” if you shared the same indoor airspace (such as at home, in a clinic waiting room, on an airplane, etc.) with an infected person for a total of 15 minutes or more over a 24-hour period

What if I Test Positive for COVID-19?

- » Stay home and follow isolation instructions (go to bit.ly/covid19-patients or scan the QR code at the bottom of the page)

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