

Instructions for Healthcare and Essential Workers who are Close Contacts or Household Members to a COVID-19 Case

Quarantine is a way to prevent the spread of the virus after you have had close contact with someone with known COVID-19, even though you may not feel sick. During your quarantine, you will need to stay home and monitor yourself for any signs of illness, but as a healthcare worker or an essential worker you may continue to work if your employer needs staff to continue operations. You will need to inform your employer about your close contact to a lab-confirmed COVID-19 case. Your employer will decide, based on staffing needs, if you need to report to work during your quarantine period.

During your quarantine period, please follow the instructions below:

Stay in your home outside of working in your essential role, if needed.

1. Do not go to work, unless instructed by your employer. Do not go to school or on-site classes or activities.
2. If you are needed at work, while at work:
 - a. Wear a mask and continue other preventive measures such as maintaining social distance with other co-workers (maintain six feet of distance between yourself and others as much as possible).
 - b. Closely monitor your symptoms and take your temperature before the start of every shift, or more frequently. Your employer may actively monitor your temperature and symptoms.
 - c. If you work with high-risk patients (such as patients who are immune compromised, on chemotherapy, receive dialysis, live in a long-term care facility, etc.) **your employer should consider reassigning you to a different patient care area or to perform non-patient care or administrative duties, if possible, during the quarantine period.**
3. Do not go to the grocery store or run other essential errands (e.g. going to the pharmacy) unless it is absolutely necessary. Please plan to use family members or friends for your essential errands.
4. Do not have visitors for the duration of the quarantine period.
5. Wash your hands frequently with soap and water, especially after coughing, sneezing, blowing your nose, going to the bathroom, or having direct contact with moist materials such as tissue, diapers, and used masks. Hand sanitizer with greater than 60% ethanol or 70% isopropanol as active ingredients can also be used instead of soap and water if the hands are not visibly dirty.
6. 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.
7. Do not share toothbrushes, drinks or eating utensils.

Monitor your health:

- Monitor yourself for symptoms. If you are needed to work, you or your employer should consider monitoring your temperature and symptoms several times during your shift. You should also continue to use preventive measures such as the use a mask/face covering and social distancing from others.

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- If you develop any signs of potential illness, you should stay home and self-isolate. Fever, cough, or shortness of breath are the most common symptoms of COVID-19, but unusual fatigue, body aches, nausea, new loss of taste or smell, headache, sore throat, runny nose and nasal congestion, vomiting or diarrhea are all symptoms that should prompt you to stay home
- If you develop a fever or any symptoms while at work, inform your employer and immediately go home to self-isolate. Fever, cough, or shortness of breath are the most common symptoms of COVID-19, but unusual fatigue, body aches, headache, new loss of taste or smell, congestion or runny nose, nausea, sore throat, vomiting or diarrhea are all symptoms that should prompt you to go home.
- If you start to feel sick, please contact your healthcare provider and let them know you have had contact with someone who has tested positive for COVID-19.
- If you develop symptoms and are unable to get testing right away through your employer or healthcare provider, you can call Contra Costa Public Health at (844) 421-0804 8:00 am-3:30pm daily or visit <https://www.coronavirus.cchealth.org/get-tested> to schedule an appointment for COVID-19 testing.
- If you are diagnosed with COVID-19, you will have to isolate at home until you have cleared the infection. Please visit <https://www.coronavirus.cchealth.org/for-covid-19-patients> and review self-isolation instructions for confirmed COVID-19 cases.

When does quarantine end?

- Your quarantine will end if you do not have symptoms either:
 - After 10 days from your last exposure to the known COVID-19 positive individual, with or without testing. You must continue to monitor yourself for COVID-19 symptoms for the full 14-day period after your last exposure, as noted above under *Monitor Your Health*. You should also continue to use preventive measures such as the use of a mask/face covering and social distancing from others.
 - OR**
 - After 5 days from your last exposure to the known COVID-19 positive individual, if COVID-19 testing is done on or after day 5 from your last exposure to someone with COVID-19. You must continue to monitor yourself for COVID-19 symptoms for the full 14-day period after your last exposure, as noted above under *Monitor Your Health*. You should also continue to use preventive measures such as the use of a mask/face covering and social distancing from others.
- If your household member is positive for COVID-19, you will need to be quarantined for either 10 or 5 days, as noted above, after your household member no longer needs to be isolated.
- Work restrictions after a close contact should be reviewed with your workplace.
 - Your workplace may also ask you to remain off of work for the full 10 days, regardless of a negative test.
 - If you work with vulnerable populations in high-risk congregate settings, such as residential care facilities for the elderly, board and cares, skilled nursing

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facilities, detention facilities, and there are no staffing needs, you should remain off of work for at least 7 days and may return if testing was done on or after day 5. You must continue to monitor yourself for symptoms of COVID-19 and take preventive measures for the full 14-day period after your last exposure, as noted above under *Monitor Your Health*.

For individuals who are up-to-date on their COVID-19 vaccine (have been fully vaccinated and received their booster shot when eligible)

If you are up-to-date on your COVID-19 vaccine and had close contact to someone with suspected or confirmed COVID-19 you do not need to quarantine if:

- You are fully vaccinated (it has been 2 weeks or more after getting the second dose in a 2-dose vaccine series, or 2 weeks or more after getting one dose of a single-dose vaccine series) and not eligible for your COVID-19 booster OR
- For those eligible for a booster COVID-19 booster (you are 16 years and older, and 6 months from your second shot of a COVID-19 mRNA vaccine [ie. Pfizer or Moderna] or 2 months after the single dose of Johnson and Johnson vaccine) **AND**
- You have not developed any symptoms since you had your close contact.

If you do not need to quarantine, you should still follow testing recommendations and test 5-7 days after a close contact to someone with suspected or confirmed COVID-19. You should also wear a mask while in public indoors settings and follow any local or state guidance on masking.

Regardless of your vaccination status, you should also continue to watch for symptoms of COVID-19 for 14 days after your close contact.

If you start to feel sick, you should isolate immediately and follow the guidance in the *Monitor Your Health* section above. If you go to a healthcare setting (clinic, hospital, etc.) you should tell the facility that you are vaccinated but are a close contact to a case. As a close contact, you may still be contacted by public health for further information and guidance.

If you do not meet all the criteria above, you should continue to follow current quarantine guidance (on page one of this document) after a close contact to someone with COVID-19.

If you have any or have any concerns or questions, please call Public Health during normal business hours Monday-Friday 8:00AM-5:00PM at 925-313-6740 or email us at CoCoHelp@cchealth.org You can also find more information online at cchealth.org/coronavirus.

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