Summary: Quarantine and Other Instructions for Close Contacts

Follow these instructions if you have been in close contact with a person who has COVID-19. This means**:**

- You were within 6 feet for a total of 15 minutes or more over a 24-hour period.
- You had unprotected contact with their body fluids and/or secretions. For example, you were coughed or sneezed on, you shared a drinking cup or eating utensils, you kissed, or you cared for them without wearing the right protective equipment.

❶ Quarantine (unless you are exempt*)

As long as you do <u>not</u> develop symptoms of COVID-19 you may leave quarantine either:

- **After** **Day 10**, OR
- **After Day 7 if you get a test <u>after</u> Day 5 and it is negative.** The test must be an FDA-approved viral COVID-19 test that is collected and performed in a healthcare setting or certified testing site.

Day 1 is the first full day after your last contact with the infected person.

When you are in quarantine, take precautions to protect others, including:

- **Stay home except to get medical care**.
- **Do not have visitors.**
- **Separate yourself from others in your home**. If you need to be in the same room as others:
  o Wear a mask with multiple layers and a snug fit and consider double masking.
  o Stay at least 6 feet away. It is important to stay away from unvaccinated people who are at higher risk of serious illness.
  o Open windows or use a fan or an air conditioner.
  o Clean your hands often.
- **Use a separate bathroom if possible**. If not, disinfect the bathroom after each use.

*You do not have to quarantine as long as you **do not have symptoms** <u>AND</u> you either:

- Are fully vaccinated for COVID-19. Fully vaccinated means 2 weeks after your second dose in a 2-dose vaccine series or 2 weeks after a single-dose vaccine; OR
- Tested positive for COVID-19 within the past 3 months and recovered. (Recovered means you completed your isolation period.)

❷ Get tested for COVID-19 (unless you had a positive viral test for COVID-19 in the past 90 days)

- To get tested, call your doctor, 2-1-1, or visit covid19.lacounty.gov/testing.
- If you test positive, you need to isolate and follow instructions at ph.lacounty.gov/covidisolation. If you test negative on or before Day 5, you need to stay in quarantine.

❸ Monitor your health AND take extra precautions for 14 days after your last contact with the infected person

- **Monitor your health.** If you develop symptoms, you must stay home and away from others, contact your doctor, tell them you've been exposed, and arrange a for a test. Call 9-1-1 or go to an emergency room if you have serious symptoms.
- **Be extra careful**. Take steps to protect others (and yourself) including: wearing a mask (even in your home), staying at least 6 feet away from others, and washing your hands often. Stay away from people who are at high risk of getting very sick from COVID-19.

❹ Follow the full Quarantine and Other Instructions for Close Contacts to COVID-19

- Ask your doctor for a copy, scan the QR code below, or visit ph.lacounty.gov/covidquarantine.
- Please help slow the spread of COVID-19 by talking to Public Health. If you get a call from "LA PublicHealth" or 1-833-641-0305, please take the call. If you receive a Health Officer Quarantine Order and have not already completed a confidential contact tracing interview, call the number on the Order.

Home Quarantine Instructions
for Close Contacts to COVID-19

SUMMARY

In Los Angeles County, if you have been in close contact with a person diagnosed with COVID-19 you are required* to:

❶ **Quarantine - stay home and separate yourself from others for 10 days**

❷ **Monitor your health for 14 days**

❸ **Follow the _Health Officer Quarantine Order_ along with the steps below**

It is recommended that you _get tested_* for COVID-19 (unless you had a positive test in the last 90 days see _below_ for details).

*You do not need to quarantine or get tested if **you have no symptoms** AND you either:

- **Are fully vaccinated for COVID-19.** See _below_ for definition and instructions.
  OR
- **Tested positive for COVID-19 in the past 3 months and recovered.** See _below_ for definition and instructions.

Even if you do not need to quarantine, it is important that you monitor your health for symptoms[1] of COVID-19 for 14 days from your last contact with the infected person.

Recent travel: if you entered LA County from outside of California, you need to self-quarantine unless you have no symptoms and you either are fully vaccinated or recovered from COVID-19 in the past 3 months. Follow CDC _domestic_ and _international_ travel recommendations for unvaccinated persons.

🏠 QUARANTINE

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease before a person knows they are sick or if they are infected with the virus without feeling symptoms.

You need to quarantine if you are a **close contact** to someone who has COVID-19.

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[1] Symptoms may appear 2-14 days after being exposed to the virus and may include: fever or chills, cough, shortness of breath/difficulty breathing, new loss of taste or smell, fatigue, runny or stuffy nose, muscle or body aches, headache, sore throat, nausea or vomiting, or diarrhea. This list does not include all possible symptoms of COVID-19. Some people with COVID-19 never get symptoms. Visit ph.lacounty.gov/covidcare to learn more about what to do if you are sick.

What is a Close Contact?

You are a "close contact" if you were exposed to someone who tested positive for COVID-19 while they were infectious[2] if:

   a. You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more over a 24-hour period.
   b. You had unprotected contact with the body fluids and/or secretions from someone with COVID-19. For example, you were coughed or sneezed on, you shared a drinking cup or eating utensils, you kissed, or you provided care to them without wearing the right protective equipment.

*Tested positive means they had a positive COVID-19 viral test (swab or saliva) test.

How long to I have to quarantine?

If you have been in contact with someone with COVID-19, you must quarantine for 10 full days from you last contact with the infected person*. You can end your quarantine after Day 10 if you never had any symptoms and you take the following precautions from Day 11 through Day 14:

- <u>Be extra careful</u>. Wear a mask when around other people (including those in your household), stay at least 6 feet away from others, wash your hands often, and take *other steps* to protect others (and yourself).
- Keep checking for COVID-19 *symptoms* every day. If you do get symptoms, isolate at home and follow the "*If you develop symptoms*" instructions below.

It is best to keep away from people at high risk for getting very sick from COVID-19 for the full 14 days.

If you don't know when you were exposed to the infected person and you received a Public Health Emergency Quarantine Order, you can end your quarantine 10 days after the date the order was issued (as long as you don't have symptoms).

If you have a test for COVID-19, and it is negative, you must still quarantine for at least 10 days.

If you are experiencing homelessness or you are unable to safely isolate or quarantine at home, call the COVID Info line 833-540-0473, open daily 8:00am–8:30pm.

How to calculate when your quarantine period ends

- **If you have no more contact with the *infectious* person**
  Your last day of quarantine is 10 days from the date after you last had close contact.
- **If you continue to have contact with the infected person**
  For example, you live with and/or care for the person with COVID-19:
  - If you can avoid *close contact*, your last day of quarantine is after 10 days from when the person with COVID-19 started to follow the *Home Isolation Instructions*.
  - *But,* if you have close contact with them again while they are still in isolation, your 10-day quarantine period will have to restart from the last day that you had close contact.
  - If you cannot avoid close contact, your last day of quarantine is 10 days from the date that the person with COVID-19 was told their isolation ends.

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2 A person with COVID-19 is considered to be able to spread the virus to others (infectious):
- *if symptomatic*-- from 2 days before their symptoms first started until their isolation period ends (i.e., 10 days after symptoms first appeared; and 24 hours have passed with no fever, without the use of fever-reducing medications; and symptoms have improved), OR
- *if symptoms never develop*--from 2 days before their positive viral test was taken until 10 days after that test was taken. If symptoms do develop, follow the instructions above.

COUNTY OF LOS ANGELES
Public Health

Restrictions during quarantine

To prevent you from spreading COVID-19, you must restrict activities and limit actions that may put you in contact with others.

- Stay home. Do not go to work, school, or public areas. You may only leave quarantine to get needed medical care.
- Do not allow non-essential visitors.
- Separate yourself from others in your home (unless they are also in quarantine). If you need to be in the same room as other household members:
  - Wear a mask. If possible, *choose a mask* that has multiple layers and a snug fit and consider *double masking*. See *Masks* for more information including *who should not wear a mask*.
  - Keep 6 feet away. If you have to share a room, try setting up the room so that you can stay 6 feet apart, if possible. It is important to stay away from unvaccinated people who are at *higher risk of serious illness*.
  - Open windows or use a fan or an air conditioner in shared spaces in the home.
  - Use a separate bathroom. If this is not possible, disinfect the bathroom after use.
- Do not make or serve food to others, if possible. If there is no one else to prepare and serve food, then be sure to wear a mask and wash your hands frequently.

Getting help with food and other necessities

- If you do not have someone to help you, you can arrange for food and other supplies to be left at your door. If you need help finding food or other supplies, call 2-1-1, or visit *211la.org*, or the Public Health *resource webpage*.

Work and School

- Disability Insurance, Unemployment & Paid Family Leave may be available for people who cannot work because they, or a family member, need to isolate or quarantine. Visit the *California Employment Development Department* for more information.
- When your quarantine period is over, you may return to work or school. You do not need a letter from Public Health and should not need a negative test.

Steps to take when getting medical care or COVID-19 testing

- Wear a mask. If possible, choose a mask has multiple layers and a snug fit and consider *double masking*.
- Use a private car if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver and leave the windows down. You should not use public transportation.

TESTING FOR COVID-19

As a *close contact* to someone with COVID-19, it is recommended that you get tested.* This is to check if you are already infected. If you test negative, you still need to quarantine for 10 days (unless you are fully vaccinated see *below*).

* Testing is not recommended for people who had a positive viral COVID-19 test in the past 3 months (see *Recovered from COVID-19* section below).

- To get a test, call your doctor, visit *covid19.lacounty.gov/testing*, or call 2-1-1.
  - When you go get tested, follow the testing center instructions and wear a mask so you don't infect other people. See *Steps to take when getting medical care/testing* above.

- If your test result is positive:
  - You have COVID-19
  - You need to isolate. See the *Home Isolation Instructions for People with COVID-19* at *ph.lacounty.gov/covidisolation.*
  - You need to tell all of your close contacts to quarantine and give them these *quarantine instructions* at *ph.lacounty.gov/covidquarantine.*.
- If your test result is negative:
  - You may still be infected, but it is too early to show on the test.
  - You need to quarantine for 10 days after your last close contact with the person with COVID-19.
  - Monitor your symptoms and follow the instructions below.

See *COVID-19 Testing* for more detailed information and resources.

MONITOR YOUR HEALTH

- It is important to monitor your health for *symptoms of COVID-19* for 14 days from your last contact with the infected person. Symptoms of COVID-19 may include any of the following: fever or chills, cough, shortness of breath, feeling tired, muscle or body aches, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell.
- Call 911 or go to an emergency room if you are having serious symptoms. Serious symptoms include difficulty breathing, pain or pressure in your chest, have bluish lips or face or being
  confused or having difficulty waking up.

If you develop symptoms
- Isolate yourself at home (this means if you left quarantine and it is Day 11-14 you need to return home immediately and stay away from others except when getting medical care).
- Contact your doctor, medical advice line, or telemedicine provider for a medical assessment and ask for a COVID-19 test. Tell them that you have been in contact with someone who has COVID-19. Call the Los Angeles County Information line at 2-1-1 if you do not have a doctor. This number is available 24/7.
- If you test positive for COVID-19 or your provider thinks you have COVID-19, you must follow the Los Angeles County "*Public Health Emergency Isolation Order*" for COVID-19 and the "Home Isolation Instructions for People with COVID-19 Infection," which are available in *English*, *Spanish*, and *other languages*.
- You can stop isolating after meeting one of the following criteria:
  - **Option A:**
    - At least 10 days have passed from when your symptoms first started; AND
    - Your COVID-19 symptoms have improved; AND
    - You have been fever-free for 24 hours without using fever reducing medicines.

    - or -

  - **Option B:**
    - You test negative for COVID-19 with a PCR test collected AFTER your COVID-19 symptoms began; AND
    - It has been at least 10 days since you last had contact with the case; AND
    - You have been fever-free for 24 hours without using fever reducing medicines.

If you are *fully vaccinated* or have *recovered from COVID-19* in the past 3 months follow instructions below.

Dealing with Stress

COVID-19 and quarantine may be stressful for people. Visit the Los Angeles County Department of Mental Health's *COVID-19 webpage* and the 211LA webpage *211la.org/resources/subcategory/mental-health* for local resources to help with mental health & wellbeing concerns. Guidance and resources, including information on crisis hotlines, are also available on the CDC webpage *Coping with stress*.

If you need to speak with someone about your mental health, contact your doctor or the Los Angeles County Department of Mental Health Access Center 24/7 Helpline at (800) 854-7771. This number is available 24/7. You can also text "LA" to 74174.

TALK TO PUBLIC HEALTH - Contact Tracing

Contact tracing is a simple, confidential process that is being used to help slow the spread of COVID-19.
- You may receive a call from a public health specialist if you have been in contact with someone with COVID-19. If you get a call or message from "LA PublicHealth" or 1-833-641-0305, please do your part by taking the call. You will be asked about your health and the places you have been.
- The specialist can answer your questions and provide information like how to get a COVID-19 test or how to find a doctor or get help while you are in quarantine.
- Click *here* for more information about contact tracing.

PEOPLE WHO HAVE BEEN FULLY VACCINATED

Definition: You are considered fully vaccinated against COVID-19 two (2) weeks after:
- You got a single-dose of the Johnson & Johnson/Janssen COVID-19 vaccine, or
- You got a second dose of a Pfizer or Moderna COVID-19 vaccine, or
- You finished the series of a COVID-19 vaccine that has been listed for emergency use by the World Health Organization [WHO]. See *http://ph.lacounty.gov/fullyvax* web page for more information.

After travel: If you are fully vaccinated and you entered LA County from outside of California, you do not need quarantine when you return if you don't have any COVID-19 symptoms. You still need to monitor your health for COVID-19 symptoms for 14 days after travel. If you do develop symptoms, isolate yourself away from others and get tested. Follow the CDC *domestic* and *international* travel guidance for fully vaccinated people.

Close contact: If you are fully vaccinated and are a *close contact* to someone with COVID-19, you do not need to quarantine if you don't have any COVID-19 symptoms. Even if you do not need to quarantine, you should:

- *Get tested* for COVID-19.
- *Monitor your health* for symptoms of COVID-19 for 14 days from your last contact with the infected person.
- *Talk to public health* if you get a call or message from "LA PublicHealth" or 1-833-641-0305.

Note: If you live with someone who is immunosuppressed, at increased risk for severe disease, or unvaccinated (including children <12 years of age) consider wearing a mask at home for 14 days or until you receive a negative test result.

If you develop symptoms of COVID-19 within 14 days of your last close contact with the person with COVID-19
- Isolate yourself at home and stay away from others except for medical care.
- Contact your doctor, medical advice line, or telemedicine provider for a medical assessment and ask for a COVID-19 test. Tell them that you are a close contact to person with COVID-19. Call the Los Angeles County Information line at 2-1-1 if you do not have a doctor. This number is available 24/7.
- If you test positive for COVID-19 or your doctor thinks you have COVID-19, you must follow the Los Angeles County "*Public Health Emergency Isolation Order*" for COVID-19 and the "*Home Isolation Instructions for People with COVID-19 Infection*".
- You can stop isolating after meeting one of the following criteria:
  - **Option A:**
    - At least 10 days have passed from when your symptoms first started; AND
    - Your COVID-19 symptoms have improved; AND
    - You have been fever-free for 24 hours without using fever reducing medicines.

    - or -

  - **Option B:**
    - You test negative for COVID-19 with a PCR test collected AFTER your COVID-19 symptoms began; AND
    - It has been at least 10 days since you last had contact with the case; AND
    - You have been fever-free for 24 hours without using fever reducing medicines.

    - or -

  - **Option C:**
    - Your doctor diagnosed you with another condition that was causing your symptoms; AND
    - You have been fever-free for 24 hours without using fever reducing medicines.

📅 PEOPLE WHO HAVE RECOVERED FROM COVID-19 IN THE PAST 3 MONTHS

People who have tested positive for COVID-19 with a viral (swab or spit) test and recovered do not have to quarantine or get tested again for 3 months (90 days)* as long as they do not develop new symptoms of COVID-19. *Recovered* means you are no longer *infectious* (and you have completed isolation).

* The 90 days are from when your COVID-19 symptoms first appeared. If you never had symptoms, then 90 days from your first positive viral test.

Note: If it has been more than 90 days since you had last had COVID-19, then you are required to *quarantine* after being exposed to COVID-19, unless you are fully vaccinated.

After travel: You do not need to quarantine or test after returning from travel outside of California if you don't have symptoms. Follow the CDC *domestic* and *international* travel guidance for fully vaccinated people (which also applies to people who have recovered from COVID-19 in the past 3 months).

After close contact with someone with COVID-19: you do not have to quarantine or get tested if you don't have symptoms. Even if you do not need to quarantine, it is important that you:

- *Monitor your health* for symptoms of COVID-19 for 14 days from your last contact with the infected person.
- *Talk to Public Health* if you get a call or message from "LA PublicHealth" or 1-833-641-0305.
- Continue to protect yourself and others, especially if you are not fully vaccinated. Learn more about keeping safe & preventing the spread of COVID-19 at *http://ph.lacounty.gov/reducerisk*. If you live with someone who is immunosuppressed, at increased risk for severe disease, or unvaccinated (including children <12 years of age) consider wearing a mask at home for 14 days.

If you develop symptoms of COVID-19 within 14 days of your last close contact with the person with COVID-19

- Isolate yourself at home and stay away from others except when getting medical care.
- Contact your doctor, medical advice line, or telemedicine provider for a medical assessment. Tell them that that you have recovered from COVID-19 within the past 3 months and that you are a close contact to person with COVID-19. Call the Los Angeles County Information line at 2-1-1 if you do not have a doctor. This number is available 24/7.
- If your doctor thinks you have COVID-19 again, you must follow the Los Angeles County "*Public Health Emergency Isolation Order*" for COVID-19 and the "Home Isolation Instructions for People with COVID-19 Infection," which are available in *English*, *Spanish*, and *other languages*.
- You can stop isolating after meeting one of the following criteria:
  - **Option A:**
    - At least 10 days have passed from when your symptoms first started; AND
    - Your COVID-19 symptoms have improved; AND
    - You have been fever-free for 24 hours without using fever reducing medicines.

    - or -

  - **Option B:**
    - Your doctor diagnosed you with another condition that was causing your symptoms; AND
    - You have been fever-free for 24 hours without using fever reducing medicines.

Note: it is not recommended that you get another viral test for COVID-19 for at least 90 days after your first positive viral test, unless this is recommended by your doctor (or public health). This is because many people who have recovered from COVID-19 continue to have positive viral tests, even though they are no longer infectious. This is why it is best for you to see a doctor if you develop symptoms that may be COVID-19. If you do get a negative PCR test after your symptoms develop you can end your isolation after 10 days have passed from your last close contact with the case and you have been fever-free for 24 hours without using fever reducing medicines.

 FURTHER INFORMATION

- For more information, visit the Public Health website *ph.lacounty.gov/Coronavirus* or call 2-1-1 (which is available 24/7).
- Please call your doctor for any questions about your health. If you need help finding a doctor, call 2-1-1.