



Home Quarantine Instructions for Close Contacts to People with Coronavirus Disease 2019 (COVID-19)

The following instructions are for people who were in close contact with someone with or likely to have COVID-19.

You must self-quarantine* because you have been in close contact with someone who has or is likely to have COVID-19.

Even if you received a negative test for COVID-19, and you are not experiencing symptoms, it is possible that you are infected and can spread the virus to others. While it's possible that you are not infected, it can take 2-14 days to show symptoms.

**If you are a healthcare worker or first responder, please refer to guidance from your employer.*

Self quarantine for at least 14 days

- Your last day of quarantine is 14 days from when you were last in contact with the person with COVID-19.
- If you live with or care for a person with COVID-19, stay in quarantine for 14 days after the person with COVID-19 was told they were “cleared” to stop their self-isolation. This is likely to be at least 21 days.

Monitor your health

- Signs and symptoms of COVID-19 may include cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- If you develop symptoms or receive a positive test, immediately follow [Home Isolation Instructions for People with Coronavirus-2019 \(COVID-19\) Infection](https://www.longbeach.gov/COVID19) at www.LongBeach.gov/COVID19

Stay home except to get medical care or testing

- Do not go to work, school, or public areas.
- If you must leave home while you are sick, do not use public transportation. Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, leave the windows down and wear a face covering.
- If possible, have someone deliver food and other necessities. They should leave items at your door. If you need to meet someone at your door, wear a face covering.
- If you have no choice but to go out for essential supplies, you may. Be as quick as you can, go at a time when the store is not busy, stay at least 6 feet away from others, and wear a face covering.

Separate yourself from others in your home.

- Stay in a specific room and away from other people in your home as much as possible.
 - Try to stay at least 6 feet from others, including children if possible.
 - This is particularly important if you live with people at high risk of serious illness. Consider alternative living arrangements for them, if possible.
- Use a separate bathroom. If this is not possible, clean the bathroom after use.
- Open windows or use a fan or an air conditioner in shared spaces in the home, if possible, to ensure good airflow.
- Do not allow visitors and limit the number of people coming and going from your home.
- Do not handle pets or other animals while you are sick.
- Do not prepare or serve food to others.

Wear a face covering when you are around others

- Wear a face covering when you are around other people or pets, and before you enter a hospital or doctor's office.
- If you are not able to wear a face covering (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you.
- Children under 2 years and anyone unable to remove the face covering on their own should not wear one.
- General information about face coverings
 - Face coverings should be worn over your nose and mouth.
 - Removal procedure: Remove and dispose of gloves (if applicable), wash your hands, remove and dispose of your face covering, then wash your hands again.
- View additional guidance for face coverings at www.LongBeach.gov/COVID19.

Will the Health Department notify my workplace or school?

- The Health Department will not notify or release any personal information about you to your workplace or school unless it is necessary to do so to protect your health or the health of others. The Health Department will provide a note to excuse your absence from school or work if you need one.

More information

Visit the City of Long Beach COVID-19 website www.LongBeach.gov/COVID19 for more information. Call your health care provider for any questions related to your health. If you do not have a healthcare provider or insurance, contact our Info Line at (562)570-INFO (4636).