



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

Instructions for People Who Were in Close Contact with Someone with or Likely To Have COVID-19

A **close contact** is any person who shared the same indoor airspace (e.g., home, clinic waiting room, airplane) as a COVID-19 positive person during their infectious period for a cumulative total of 15 minutes or more over a 24-hour period, or a person who had unprotected contact with a COVID-19 positive person's body fluids or secretions.

If you are a close contact to someone with COVID-19 and you have no symptoms, you do not need to quarantine (except for people who live and work in certain high-risk settings - see below). You are required to:

1. Wear a highly protective mask around others for 10 days, even at home.
2. Get tested 3-5 days after you were last exposed. In addition, consider getting tested right away if you are at higher risk of severe illness. This is because treatment is available for people at higher risk for severe disease, and it should be started as soon as possible after symptoms begin. If you live or spend time with someone at higher risk, finding out that you are positive sooner means that you can take steps to protect them sooner. If you test negative, test again on or after Day 5 (Day 1 is the first full day after your last contact with the infected person).

If you test positive at any time, follow isolation instructions at www.longbeach.gov/covid19.

3. Monitor your health for 10 days. If symptoms start, test right away and stay home away from others. If you test positive, follow isolation instructions at www.longbeach.gov/covid19.

Quarantine for Certain High-Risk Settings

Quarantine is still required for persons who live or work in a high-risk setting who are unvaccinated, not fully vaccinated, or have not been infected with COVID-19 within the prior 90 days. These settings include shelters, cooling and heating centers, healthcare settings, adult and senior care facilities, correctional facility, and detention centers.

Quarantine means staying away from others in case you become infected.

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- Quarantine for 5 to 10 days after your last close contact with the person who had COVID-19.
 - **You should get tested for COVID-19 right away** and, if negative, test again on Day 5 - counting from the last day you had close contact with the person who had COVID-19
 - If you test negative on Day 5 and have not developed any symptoms, you can stop your self-quarantine.
 - Continue to watch for COVID-19 symptoms through Day 10 from the last day you had close contact with the person who had COVID-19.
 - After Day 5, if negative:
 - Adults should wear a well-fitted mask (surgical or respirator) while around others both indoors and outdoors through Day 10. Children (age 2 and older) should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire while around others both indoors and outdoors through Day 10.
 - Avoid crowds, avoid poorly ventilated indoor spaces, stay at least 6 feet from others, and wash your hands often.
 - **If you do not get tested for COVID-19, you must self-quarantine for 10 days - counting from the last day you had close contact with the person who had COVID-19.**
 - If you do not develop symptoms, you can stop your self-quarantine after day 10.

Monitor your health while you quarantine

- Signs and symptoms of COVID-19 may include fever or chills, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea
- If you develop symptoms or receive a positive test during or after quarantine, immediately self-isolate. If you have not tested, get tested as soon as possible - do not wait until 5 days after close contact if you have symptoms. Follow the Home Isolation Instructions for People with Coronavirus 2019 (COVID-19) Infection 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 well-fitted mask (surgical or respirator).

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 well-fitted mask when you are around others

- Wear a well-fitted surgical mask or respirator 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 mask (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 a mask on their own should not wear one.
- General information about masks
 - Masks 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 masks at www.LongBeach.gov/COVID19.

Definitions

COVID-19 Symptoms: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

Fully Vaccinated Person or Fully Vaccinated: A person that has completed their primary COVID-19 vaccination series (i.e. is more than 2 weeks following receipt of the second dose in a 2-dose series COVID-19 vaccine, or more than 2 weeks following receipt of one dose of a single-dose COVID-19 vaccine).

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).