



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 while they were infectious (which is while they had symptoms or 48 hours before they had symptoms).

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 10 days

- If you have had close contact with someone who has or is likely to have COVID-19, you should quarantine for 10 to 14 days after your last close contact with that person.
- **You must quarantine for at least 10 days, though it is recommended that you quarantine for a full 14 days.**
- Continue to closely monitor yourself for symptoms for at least 14 days.
- Testing is recommended on or after day 7 of quarantine, however quarantine must not end prior to 10 days, regardless of a negative test result.
- If you live with or care for a person with COVID-19, stay in quarantine for 10-14 days after the person with COVID-19 was told they were “cleared” to stop their self-isolation. This may be at least 21 days.

Monitor your health for at least 14 days

- 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, new loss of taste or smell, congestion or runny nose, nausea, vomiting or diarrhea.
- If you develop symptoms or receive a positive test during or after quarantine, 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.

I've been vaccinated against COVID-19. Do I still need to self-quarantine?

If you have been fully vaccinated and have had close contact with someone who has COVID-19, you should closely monitor yourself for symptoms for at least 14 days, though you do not need to quarantine as long as you meet BOTH of the following criteria:

- At least two weeks have passed since you received your SECOND dose of a 2-dose series (such as the Moderna or Pfizer vaccine) *or* at least two weeks have passed since you received one single-dose vaccine (such as the Janssen vaccine); AND
- You have not experienced any symptoms of COVID-19 since your close contact occurred

I've recovered from COVID-19. Do I still need to self-quarantine?

If you have tested positive for COVID-19 within the past 3 months and have recovered, you should closely monitor yourself for symptoms for at least 14 days, though you do not need to quarantine as long as you do not develop new symptoms. If you develop symptoms again within 3 months of your last positive COVID-19 test, you should get tested again.

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).