

Home Quarantine Instructions for Close Contacts to COVID-19

To view this document in different languages or in web format visit ph.lacounty.gov/covidquarantine

SUMMARY

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

- 1 **Quarantine - stay home, separate yourself from others, and monitor your health for 14 days, and**
- 2 **Follow the [Health Officer Quarantine Order](#) along with the steps below**

It is recommended that you [get tested](#)* for COVID-19

* If you have had COVID-19 with a positive viral (swab or saliva) test in the last 90 days, talk with your doctor about the need to quarantine. In addition, as long as you do not have symptoms, you do not need to get another test for COVID-19. If you do have [symptoms of COVID-19](#), consult with your medical provider.

Please help slow the spread of COVID-19 by answering if you get a call from "LA PublicHealth" or **1-833-641-0305** (see [Contact Tracing](#)).



QUARANTINE

What is a Close Contact?

A "close contact" is any of the following people who were exposed to a person with COVID-19*:

- a. An individual who was within 6 feet of the infected person for a total of 15 minutes or more over a 24-hour period
- b. An individual who had unprotected contact with the infected person's body fluids and/or secretions, for example, being coughed or sneezed on, sharing utensils or saliva, or providing care without wearing appropriate protective equipment.

*A person with COVID-19, is considered to be infectious from 2 days before their symptoms first appeared until they are no longer required to be isolated (as described in [Home Isolation Instructions](#) for People with COVID-19). A person with a positive COVID-19 test but no symptoms is considered to be infectious from 2 days before their test was taken until 10 days after their test.

[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.

Length of quarantine period

- You need to stay in quarantine for 14 days from when you last had close contact with the infectious person.
- If you continue to live with or care for the infected person, the amount of time you have to quarantine depends on the type of contact that you have - find the situation that is most like yours in the section "[How do I calculate the end date of my quarantine period](#)" at the end of this guidance.
- If you don't know when you were exposed to the infected person and you received a Public Health Emergency Quarantine Order, your last day of quarantine is 14 days from the date the order was issued.

When quarantine ends

- When your quarantine period ends (see [How to Calculate When Your Quarantine Period Ends](#)), you can resume your usual activities, including returning to work and/or school.
- If you test positive for COVID-19, this means you have laboratory-confirmed COVID-19 and you need to follow the [Home Isolation Instructions](#).
- Even if you test negative for COVID-19, you must stay in quarantine for the full 14 day period.

Restrictions during quarantine

To prevent you from unintentionally spreading COVID-19 to uninfected people, you must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

- Stay home. Do not go to work, school, or public areas. You may only leave your place of quarantine or enter another public or private place to get necessary medical care.
- Do not allow visitors.
- Separate yourself from others in your home (unless they are also in quarantine).
 - Stay in a specific room and away from other people in your home. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years or older or have a health problem such as a chronic disease or a weak immune system.
 - Use a separate bathroom, if available.
 - Stay at least 6 feet away from others. When this is not possible, wear a cloth face covering (see [Guidance for Cloth Face Coverings](#) for more information).
- Do not handle pets or other animals.
- Do not prepare or serve food to others.

Getting help with food and other necessities

- If you do not have someone to help you, you can arrange for food and other necessities to be left at your door. If you need help finding food or other necessities, call 2-1-1, or visit [211a.org](#), or the Public Health [resource webpage](#).

Work and School

- Information about Disability Insurance, Unemployment & Paid Family Leave for people who are unable to work because they, or a family member, need to isolate or quarantine is available on the [California Employment Development Department](#).
- When your quarantine period ends, you should not need a letter from Public Health or a negative test to return to work or school.



TESTING FOR COVID-19

As a close contact to someone with COVID-19, it is recommended that you get tested.*

*Testing is not recommended if you had a positive viral diagnostic test in the past 90 days **and** you do not currently have symptoms of COVID-19.

- To get a test, call your doctor, visit covid19.lacounty.gov/testing, or call 2-1-1.
 - If you got an email from Public Health, take it with you in case the facility asks for proof that you are a contact to someone with COVID-19
 - Take precautions when you go to get the test, so you don't unintentionally infect other people. See [If you do have to go out for medical care or for COVID-19 testing](#) below.
- If your test result is positive:
 - It means that you have COVID-19
 - You need to follow the [Home Isolation Instructions for People with COVID-19](#) which can be accessed at ph.lacounty.gov/covidisolation
 - You need to tell all of your close contacts to quarantine and give them these instructions.
- If your test result is negative:
 - You may still be infected, but it is too early to show on the test.
 - You need to stay in quarantine until 14 days after your last exposure to the infected person.
 - Monitor your symptoms and follow the instructions below.



MONITOR YOUR HEALTH

What to do if you have symptoms

- It is important to monitor your health for [signs and symptoms of COVID-19](#) which may include the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell.

- If you have or if you develop any of these symptoms or any other symptoms that are concerning to you, consult your medical provider and get a test for COVID-19. Tell them that you are in quarantine as a contact to someone with COVID-19.
- If you are having serious symptoms such as difficulty breathing, feel pain or pressure in your chest, have bluish lips or face or are experiencing a new onset of confusion or difficulty waking up, call 911 or go to an emergency room.
- If you do not have a medical provider, call the Los Angeles County Information line at 2-1-1. This number is available 24/7.

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

- Wear a surgical mask. If you don't have one, wear a cloth face covering (see [Guidance for Cloth Face Coverings](#) for more information).
 - Note: Infants and children under the age of 2 should not wear cloth face coverings. Children between the ages of 2 and 8 should use them but under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation. A mask or cloth face covering should not be placed on anyone who has trouble breathing or is unable to remove it without assistance. See [Guidance for Cloth Facing Coverings](#) for more information.
- Use a private vehicle if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver, wear a cloth face covering, if possible, and leave windows down. You should not use public transportation.

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 address mental health & wellbeing needs and concerns. In addition, guidance and resources, including information on crisis hotlines, are also available on the CDC webpage [Coping with stress](#).

LA County residents have free access to [Headspace Plus](#). This is a collection of mindfulness and meditation resources in English and Spanish, as well as movement and sleep exercises to help manage stress, fear, and anxiety related to COVID-19.

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, which is also available 24/7.



TALK TO PUBLIC HEALTH - Contact Tracing

- If you have been in contact with someone with COVID-19, you may receive a call from a public health specialist. If you get a call or message from "LA PublicHealth" or 1-833-641-0305, please do your part by taking the call and answering some questions about your health and the places you have been.

- The specialist can answer your questions and provide information about services like how to get a COVID-19 test or find a doctor or get help while you are in quarantine.
- Click [here](#) for more information about contact tracing.



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 health care provider for any questions related to your health. If you need help finding a health care provider, call 2-1-1.

See next page for information how to calculate when your quarantine period ends.

How to calculate when your quarantine period ends

You will need to stay in quarantine for 14 days from the date that you last had close contact with an infected person. See "[Length of quarantine period](#)" on page 1 for the definition of close contact and the examples below to learn how to calculate the last date in your quarantine period.

I. YOU HAVE NO FURTHER CONTACT WITH THE INFECTED PERSON

- A. Your last day of quarantine is 14 days from the date when you last had close contact with them.

Example:



II. YOU CONTINUE TO HAVE CONTACT WITH THE INFECTED PERSON

For example, you live with and/or care for the person with COVID-19

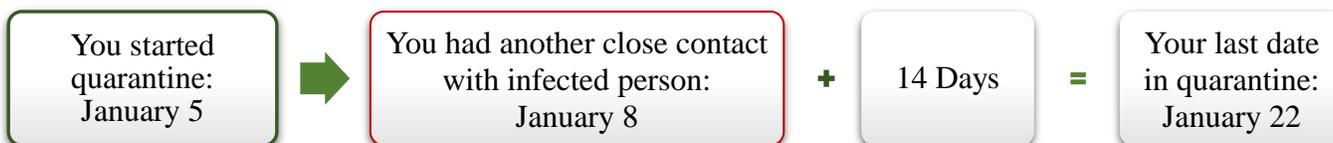
- A. If you can avoid close contact (see [definition](#) on page 1), your last day of quarantine is 14 days from the date the infected person(s) in your household started to follow [Home Isolation Instructions for People with COVID-19](#).

Example:



If you have close contact (see [definition](#) on page 1) with that person at any point, the 14-day quarantine period will have to restart from the last day that you had close contact.

Example:



- B. If you cannot avoid close contact (see [definition](#) on page 1), your last day of quarantine is 14 days from the date that the infected person was told that they are "cleared" to stop their isolation.

Example:



III. YOU RECEIVED A QUARANTINE ORDER BUT DON'T KNOW WHEN YOU WERE EXPOSED

- A. Your last day of quarantine is 14 days from the date of issue on the Order.

Example:

