



If you had close contact with a person who has COVID-19

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others, because people may be contagious before they have symptoms.



- The best way to protect yourself and others is to stay home for 10 days after your last contact. Check [ShastaReady.org](https://www.shastaready.org) for information about options in your area to possibly shorten this quarantine period.



- Watch for fever or other symptoms of COVID-19, wear a mask in public for 14 days after exposure, and get tested.



- If possible, stay away from people who are at higher risk for getting very sick from COVID-19.



Shasta County Health & Human Services Agency

If you tested positive, or if you are sick and think you have COVID-19



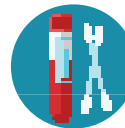
ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



- ▽ Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved



- ▽ It is your responsibility to tell your close contacts that they have been exposed and should quarantine.



If you tested positive for COVID-19 but do not have symptoms

- ▽ Stay home until after 10 days have passed since your positive test

- ▽ If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.