

What does it mean to be quarantined?

Stay at home except to get medical care.

(10 days from last possible exposure)



You must stop doing activities outside your home, except for getting medical care. Do not go to work, school, grocery stores, or public areas. Do not use public transportation, ride-sharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you need help with this, please call 2-1-1.

Seek medical care if you need it.

Call your medical provider if you develop symptoms, including fever of 100.4 ° F or above, feeling feverish, cough, or difficulty breathing. Promptly seek medical care when you need it, especially if you are at high risk for complications (if you have an underlying condition or are 65 years or older). Before seeking care, call the provider to tell them that you are under quarantine for potential exposure to COVID-19. Put on a facemask before you enter the facility.



The CDC coronavirus Self-Checker can help you make decisions about seeking medical care:

www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

If you need emergency medical care, call 911 and tell them you have been exposed to COVID-19.



Clean your hands.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are best if your hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water. If possible, use a different bathroom than other members of the household. For tips on cleaning and disinfecting: www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html



Cover your coughs and sneezes.

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Do not have company in your home.

Do not invite anyone into your home. If you have a delivery, ask the person to drop it outside and do not open the door until they leave.

Protect members of your household.

As much as possible, stay in a specific room and avoid contact with other household members to protect them from infection. Avoiding contact can help the other members of your household avoid quarantine if you get sick. If possible, family members who are elderly or have a weak immune system should stay somewhere else. You should use a separate bathroom, if available. Sleep away from and others eat in separate rooms at all times. If other family members are present in the same room, you should wear a mask. Any type of intimate contact should be avoided and you should stay at least 6 feet away from others at all times.

Going outside.

It is OK to go outside in your yard if you have one. You must stay on your own property. If you live in an apartment complex, stay in your unit or private patio. Avoid common areas and limit your contact with others.



Find more resources at www.shastaready.org

How long do I stay home?

- A 14-day quarantine period is recommended by the Centers for Disease Control and Prevention (CDC).
- Individuals leaving quarantine **after** day ten (on day eleven or later) must:
 - Not have COVID-19 symptoms. COVID-19 symptoms include:
 - 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
 - Diarrhea
 - Watch for symptoms of COVID-19 through 14 days from the last date they were in contact with the person infected with COVID-19. If they have symptoms, immediately self-isolate, contact their healthcare provider and get tested.
 - Always wear face coverings when outside the home. Stay at least six feet from others. Wash hands often and clean and disinfect shared surfaces. Individuals who cannot wear face coverings must quarantine for 14 days. Continue to take steps to prevent exposing household contacts. These steps include wearing face coverings, physical distancing and using separate bedrooms and bathrooms.

What do I need to do?

- Monitor daily for symptoms including fever (temperature of 100.4° F or above), feeling feverish, chills, cough, difficulty breathing, fatigue, headache, sore throat, loss of taste/smell, diarrhea, muscle aches, or vomiting.

What do I do if I develop symptoms?

- **If you develop symptoms that need medical attention** (i.e. high fever, cough, or difficulty breathing), call your healthcare provider and tell them that you have been exposed to COVID-19 or use telehealth. Many insurance companies also offer call lines for you to speak directly with a nurse.
- **If you need emergency medical care call 911** and be sure to tell them you have been exposed to COVID-19. Or call Dignity Mercy Emergency Room (225-6000), or SRMC Emergency Room (244-5400) before you arrive.
- Put on a face mask before you enter the facility. These steps will help keep other people from getting infected or exposed.

Symptom monitoring & testing during Quarantine

Shasta County Public Health recommends COVID-19 testing on Day 5-7 and Day 14 from the last day of contact with a person infected with COVID-19.

Even if you receive negative test results, you are still under quarantine until 10 days after your last exposure to the positive person unless you are in a critical infrastructure worker category identified in the [California Department of Public Health guidance](#).