

What does it mean to be quarantined?



STAY AT HOME EXCEPT TO GET MEDICAL CARE

Do not leave your home or property. Do not go to work, school, grocery stores, or public areas. Do not have visitors or share meals with other household members. Arrange for groceries and household items to be delivered to your home. If you need help with grocery delivery, financial difficulties or require other assistance to quarantine, see **RESOURCES** at the bottom of this page.

SLEEP AND STAY IN YOUR OWN ROOM

Stay in your own room and sleep and eat away from others. Avoid contact with other household members not also in quarantine to protect them from infection. If possible, household members who are elderly or have a weak immune system should stay somewhere else. Use your own bathroom or sanitize a shared bathroom after each use. If you must occupy the same room as someone else for any length of time, wear a mask and stay at least 6 feet away from each other.



SEEK MEDICAL CARE IF YOU NEED IT

Monitor your temperature and your symptoms twice daily. Promptly seek medical care if you develop new or worsening symptoms, especially if you are at high risk for complications (if you have underlying medical conditions or are 65 years or older). Before seeking care, call the provider to tell them that you have been exposed to COVID-19. Put on a face mask before you enter the facility.

WASH 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. Avoid touching your eyes, nose, and mouth with unwashed hands.



COVER 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.

GOING OUTSIDE

It is okay 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.



RESOURCES

211: Food, housing, transportation and more. Dial 211 on your phone or visit 211norcal.org/Shasta.

ShastaReady.Org: Information and resources concerning including wildfires, extreme weather, and COVID-19.

Shasta County Health and Human Services Resource Page: <https://www.co.shasta.ca.us/index/hhsa/financial-help>.

Quarantine FAQ

Why is Quarantine Important?

If you have had close contact with someone who tested positive for COVID-19, you could be infected and spread the disease, **even if you don't feel sick**. It can take 2-14 days after being exposed to COVID-19 to experience symptoms.

How long should I Quarantine and watch for symptoms?

If you do not develop symptoms, you may end your quarantine after 5 days from the date you last had contact with an infected person. After day 5, continue to wear a mask, wash hands often and stay at least 6 feet away from others, especially those at high risk for serious illness, until 10 full days after your last contact with an infected person. If you develop symptoms, [self-isolate](#) in your home and [get tested](#).

What if I develop symptoms?

If you develop symptoms, [self-isolate](#) away from others in the home.

Inform your healthcare provider that you were exposed to someone with COVID-19, and if you are at high risk for serious illness (if you are 65 years or older; have a chronic disease; or have a weak immune system). Many insurance companies offer call-lines for you to speak directly with a nurse. Finally, get tested for COVID-19. [Testing resources can be found at ShastaReady.org](#).

When should I seek emergency medical care?

Call 911 or seek medical care immediately if you have trouble breathing; chest pain or pressure; bluish lips or face; confusion or difficulty waking; or other serious symptoms. Let the person you speak to on the phone know you were exposed to COVID-19 and put on a mask before you encounter clinical or emergency staff.

What if I need medical care or testing?

Use a private vehicle and drive yourself. If you cannot drive yourself, keep as much distance as possible, wear a mask, and keep the window down. Avoid public transit, taxis, and ride share services.

Should I get tested for COVID-19?

YES! Get tested 5 days after exposure to COVID-19, or immediately if you have symptoms. [Find testing options at Shastaready.org](#).

If you test negative 5 or more days after exposure and have no symptoms: You may be released from quarantine after 5 days from your last exposure to COVID-19.

If you are symptomatic, stay in quarantine for 10 days after your last exposure. After that, check daily for symptoms, wash hands, always wear a mask and stay at least 6 feet from others until 10 days have passed since your last exposure to COVID-19.

If you test positive: This means you have COVID-19 and need to [isolate](#) in your home. Tell your close contacts to quarantine. You can inform them anonymously by text or email using the website [tellyourcontacts.org](#).

What if I've had COVID-19 before?

If you tested positive for COVID-19 in the past and have had a new exposure to someone with COVID-19, you must still quarantine for 5 days unless you the vaccination criteria in the section below.

What if I have been vaccinated?

You do not have to quarantine if you meet **ALL** the following conditions:

- You have been fully vaccinated (two or more weeks have passed since your second dose of a 2-dose vaccine series, or one dose of a single-dose vaccine series);**AND**,
 - You have had your booster, or are not yet due for your booster; **AND**
 - You have not had any symptoms since your last exposure to someone with COVID-19.
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Should I get vaccinated?

YES! If you are 12 years or older, have completed your quarantine and do not have symptoms, you are encouraged to get the vaccine. Speak to your healthcare provider or visit, <https://www.co.shasta.ca.us/ready/covid-19/vaccinations> or call 1-833-422-4255.
