Isolation and Quarantine Steps for People Before and After COVID-19 Diagnostic Test Results

There are a number of reasons why you may test for COVID-19 – because you have symptoms of possible infection, because you were the close contact of someone with COVID-19, or because you are in a job that recommends or requires testing. The directions below will help you to determine what you should do while you are waiting for your diagnostic test results, and what to do after your test results are available.

What to do while you’re waiting for test results:
If you have any COVID-19 symptoms*, then follow the Isolation Steps while you are waiting for results.

*COVID-19 symptoms include:
• Fever, Chills, or Repeated Shaking/Shivering
• Cough
• Sore Throat
• Shortness of Breath, Difficulty Breathing
• Feeling Unusually Weak or Fatigued
• Loss of Taste or Smell
• Muscle pain
• Headache
• Runny or congested nose
• Diarrhea

If you have no symptoms but were the close contact# of a person with COVID-19, then follow the Quarantine Steps while you are waiting for your test results.

#You are a close contact of a COVID-19 positive person if, from 48 hours before their symptoms began, the person with COVID-19:
• Lived or stayed overnight with you
• Was your intimate sex partner
• Took care of you or you took care of them
• Stayed within 6 feet of you for more than 10 minutes while they were not wearing a face mask
• Exposed you to direct contact with their body fluids or secretions (e.g., coughed or sneezed on you) while you were not wearing a face mask, gown, and gloves

If you do not have COVID-19 symptoms, and are not a close contact, you just need to wait for your test results. You do not need to follow Isolation or Quarantine Steps.

What to do after you get your test results:
If you test positive, follow the Isolation Steps

If you test negative AND:
1. You were not a close contact and have no COVID-19 symptoms ⇒ you can resume your regular activities.
2. You were a close contact# of a COVID-19 positive person ⇒ continue to follow the Quarantine Steps.
3. You were not a close contact but have COVID-19 symptoms* ⇒
   • If your healthcare provider thinks you have COVID-19, continue to follow the Isolation Steps.
   • If you are in close contact with a vulnerable person,** you should consider remaining in isolation for the entire isolation period, as described in Isolation Steps.
   • Otherwise, follow Isolation Steps until your fever has been gone without taking fever-lowering medication and your symptoms have been improving, both for 72 hours.

**A vulnerable person is someone who is:
• Age 60 years or older
• Has high blood pressure
• Has chronic kidney disease being treated with dialysis
• Has severe obesity (body mass index of 40 or greater)
• Has chronic liver disease
• Immunocompromised (including cancer treatment, bone marrow or organ transplantation, immune deficiencies, HIV with a low CD4 cell count or not on HIV treatment, and prolonged use of corticosteroids and other immune weakening medication

• Staying in a nursing home or long-term care facility
• Has severe heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension)
Home Isolation and Quarantine Guidelines for People with Coronavirus-2019 (COVID-19) Infection and their Household or Close Contacts

1) If you have a test confirmation or a doctor’s diagnosis of COVID-19, you are subject to Health Officer Isolation Directive, which is available at https://www.sfdph.org/dph/alerts/files/Blanket-Isolation-Directive-05.2020.pdf

2) If you are in a household that has COVID-19 or you have had close contact with a person who has COVID-19, you are subject to Health Officer Quarantine Directive, which is available at https://www.sfdph.org/dph/alerts/files/Blanket-Quarantine-Directive-05.2020.pdf

3) If you are awaiting test results, follow the Home Isolation Steps (below) until results arrive. If your results are negative, check with your doctor before you stop following the Home Isolation Steps.

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<table>
<thead>
<tr>
<th>Home Isolation Steps</th>
<th>Home Quarantine Steps</th>
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<tbody>
<tr>
<td>If you have been diagnosed with COVID-19 or you are awaiting COVID-19 test results, you must follow these Home Isolation Steps to prevent the spread of disease.</td>
<td>If you live in a household with or had close contact with someone diagnosed with COVID-19 (including contact from 48 hours before that person had any symptoms, until they self-isolated) you must follow these Home Quarantine Steps.</td>
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**Stay home until you have recovered**
- Most people with COVID-19 have mild illness and can recover at home. If you are 60 years or older or have a condition such as heart, lung, or kidney disease, diabetes, high blood pressure, or a weakened immune system, you are at higher risk of getting more seriously ill.
- Do not go to work, school, or public areas.
- Stay home until recovered. Recovery means: your fever is gone for the past 72 hours without the use of fever-reducing medicine like acetaminophen (Tylenol®) and your cough or trouble breathing has improved, and it’s been at least 10 days after your first symptoms. If you had a positive COVID-19 test but never had symptoms, stay home for at least 10 days after the date of your test.

**Close Contacts**
- People in your home, your sex partners, and people who take care of you or who you take care of, are considered “close contacts.” Also considered close contacts are people who you can identify who stayed within 6 feet of you for more than 10 minutes while you were not wearing a facemask, or who had direct contact with your body fluids or secretions while they were not wearing a facemask, gown, and gloves.
- If you have a test confirmation or doctor’s diagnosis of COVID-19, then everyone who you had close contact with from 48 hours before your symptoms began until you self-isolated, should follow the Home Quarantine Steps. Please share this document with them. To request help in notifying your Close Contacts without revealing your identity to them, please call 415-554-2830.

**What if you can’t separate yourself from others?**
- Anyone who continues to be in close contact with you will need to begin a new quarantine cycle of 14 full days after the last day that person had close contact with you, or from the date that your isolation ends.

**Which groups do not have to self-isolate?**
- Minor children and individuals with special needs who require specialized care

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*Essential COVID-19 Response Workers* includes healthcare workers, laboratory personnel handling COVID-19 specimens, morgue workers, first responders, law enforcement, sanitation workers, 911 and 311 operators, emergency management personnel, individuals assigned to work as Disaster Service Workers, and individuals who work in long-term care facilities or homeless shelters.
Restrictions and Information that Apply to BOTH Home Isolation and Home Quarantine

- Stay home except to seek medical care. Do not go to work, school, or public areas.
- Do not use public transportation, ride shares or taxis.
- Separate yourself from others in your home, especially people who are at higher risk of serious illness.
- Stay in a specific room and away from other people in your home as much as possible. Use a separate bathroom, if available.
- Do not prepare or serve food to others.
- Do not allow visitors into your home.
- Limit your contact with pets.

Prevent the spread:

- Wear a face covering or mask if you are in the same room with others. If you are unable to wear a face covering or mask, others should wear a face covering or mask if they share or enter the room.
- Cover your coughs and sneezes. Cover your mouth and nose with a tissue or sneeze into your sleeve -- not into your hands -- then throw away the tissue into a lined trashcan and immediately wash hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds - especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 60% alcohol can be used instead of soap and water if the hands are not visibly dirty.
- Do not share household items such as dishes, cups, utensils, towels, bedding with other people. After using these items, wash them thoroughly with soap and water. Laundry may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary.
- Clean and disinfect all “high-touch” surfaces every day (including counters, tabletops, doorknobs, faucets, toilets, phones, tv remotes, keys, keyboards), and especially any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions. More info: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html

Practice home care:

- Rest and drink plenty of fluids. You may take acetaminophen (Tylenol®) to reduce fever and pain.
  - Do not give children younger than age 2 years any medications without first checking with a doctor.
  - Note that medicines do not “cure” COVID-19 and do not stop you from spreading the virus.
- Seek medical care if your symptoms get worse, especially if you are at a higher risk of serious illness.

  Symptoms that indicate you should seek medical care include:

  Difficulty Breathing  Can’t keep fluids down  Dehydration  Confusion  Other serious symptoms

- If possible, call ahead before going to your doctor’s office or hospital and tell them you are in Isolation for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.
  - Do not wait in any waiting rooms and do wear a face covering or mask at all times if possible.
  - Do not use public transportation.
  - If you call 911, first notify the dispatch and paramedics that you are under isolation for COVID-19.

Copies of these Guidelines and answers to common questions are available in multiple languages. Visit http://www.sfcdcp.org/covid19 under Isolation and Quarantine Directives or call 3-1-1.

Thank you for your cooperation in this important public health matter.