Home Isolation and Quarantine Instructions
What to do when you must stay home to prevent the spread of COVID-19

If you have received the COVID-19 vaccine, please read more about safer social interactions at: www.sfcdcp.org/lifeaftervaccine

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If you have COVID-19 or symptoms of COVID-19

Home Isolation Instructions

1. Stay home except to get tested or get medical care.
   - You must stay at home and away from other people until your isolation ends.
   - Do not let visitors inside your home, unless you need their help to take care of you. Friends and family can leave food, medicine, and other things you need outside your door.
   - If you leave home to get tested or get medical care, avoid using public transportation, taxis, or ride-shares (Lyft, Uber) if possible. For more information, see www.sfcdcp.org/safertransit.
   - If you have COVID-19, you can call 3-1-1 if you cannot stay apart from other people in your home, or if you need food or other resources to stay at home.

2. Get tested.
   - Contact your doctor or the clinic. Tell them that you have symptoms of COVID-19.
   - If you don’t have health insurance or a regular doctor, see sf.gov/gettested for places where you can get tested for free.

3. Care for yourself and watch for worsening COVID-19 symptoms.
   See the section on “COVID-19 symptoms” below. Call your doctor if your symptoms get worse, especially you have trouble breathing. For more information, see “When to get medical care.”

4. Try to stay away from other people in your home, in case you are infected.
   See the section on “Protecting your loved ones and others in your home.”

If you tested positive or were diagnosed with COVID-19, you should also:

5. Answer the phone if you get a call from (916) 262-7553.
   A public health worker will call to see if you need to food, housing, and other support to stay at home. They will also help notify people you had close contact with who might have been infected with COVID-19. They will not share your name with people you had close contact with.
   Health workers will not ask you for:
   - Your immigration status or Social Security number
   - Money
   - Bank account or credit card numbers

6. Tell your close contacts that they have been exposed to COVID-19.
   A close contact is anyone who was within 6 feet of you for a total of 15 minutes or more over the course of a day, starting 48 hours before your symptoms began (if you had no symptoms, 48 hours
before your positive test was collected).\footnote{A close contact also includes anyone who lived or stayed overnight with you; took care of you or you took care of them; were physically intimate with you, including only kissing or having sex; or had contact with your bodily fluids (you coughed or sneezed on them, shared eating utensils, or drank out of the same cup or bottle), while you’re contagious.}

An infected person can spread COVID-19 to others before they have symptoms or test positive. By letting your close contacts know that they may be infected and need to quarantine, you help keep COVID-19 from spreading.

• Give or send your close contacts a copy of the section below titled “If you must stay at home after close contact with someone with COVID 19: Home Quarantine Instructions.” It is also online at www.sfcdcp.org/i&

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If you must stay home after close contact with someone with COVID-19

Home Quarantine Instructions

If you had close contact with someone who has COVID-19, you may be infected. You could spread the infection to others, even before you develop symptoms or test positive.

1. **Stay home except to get tested or get medical care.**
   - You must stay at home until your quarantine ends.
   - Do not let visitors inside your home, unless you need help to take care of you. Friends and family can leave food, medicine, and other things you need outside your door.
   - If you leave home to get tested or get medical care, avoid using public transportation, taxis, or ride-shares (Lyft, Uber) if possible. For more information, see www.sfcdcp.org/safetransit.
   - Call 3-1-1 if you cannot quarantine where you live, or if you need food or other resources.

2. **Try to stay away from other people in your home, in case you are infected.**
   Read the section below, titled “Protecting your loved ones and others in your home.”

3. **Get tested.**
   - Get tested 5-6 days after your last close contact, if you don’t develop symptoms before then.
   - Get tested right away if you develop symptoms at any point during your quarantine, even if you had a negative test earlier during quarantine.

   **Stay home until the end of your quarantine, even if your test is negative.**
   You could still be infected. People can test negative early in their infection.
   To get a COVID-19 test,
   - Contact your doctor or clinic. Tell them that you had close contact to COVID-19.
   - If you do not have health insurance or a regular doctor, see sf.gov/gettested for places where you can get tested for free.

4. **Watch for symptoms of COVID-19.**
   See “COVID-19 symptoms.” Get tested if you develop symptoms, even if you already had a negative COVID-19 test earlier during quarantine. Call your doctor if your symptoms get worse, especially you have trouble breathing. For more information, see “When to get medical care” below.
5. Answer the phone if you get a call from (916) 262-7553.

This is a health worker from the San Francisco Department of Public Health calling because you have been exposed to COVID-19. They can answer your questions about COVID-19 and quarantine, help you get tested, and help connect you to food, housing, or other support so you can stay at home.

Health department staff will not ask you for:

- Your Social Security number or immigration status
- Money
- Bank account or credit card numbers

**Does everyone in my home have to quarantine with me?**

No. Only people who had close contact with someone with COVID-19 must quarantine. Other people you live with can leave home, as long as they don’t have COVID-19 symptoms. Fully vaccinated people with no COVID-19 symptoms do not have to quarantine.
Caring for yourself and others in your home

COVID-19 symptoms

Symptoms appear 2-14 days after someone is infected, usually 5-6 days later. Symptoms include:

- Fever, chills, or repeated shaking/shivering
- Cough
- Shortness of breath or trouble breathing
- Sore throat
- Loss of taste or smell. Food and drink may taste or smell different.
- Feeling unusually weak or tired
- Muscle aches
- Headache
- Runny or congested nose
- Nausea, vomiting, or diarrhea

Most people with COVID-19 symptoms have mild illness and can recover at home without medical care. Take care of yourself. Rest and drink plenty of fluids. Over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help relieve fever or pain.

When to get medical care

- Get medical care if your symptoms get worse, especially you have trouble breathing. For example, worrisome signs can include
  - Feeling out of breath, dizzy or light-headed when you’re moving around the house, preparing meals, showering or bathing, or doing light housekeeping
  - Dehydration because you are too ill or too tired to eat or drink.
- Get emergency medical care immediately for any of these warning signs.
  - Trouble breathing
  - Chest pain or pressure that is not going away
  - Being more confused than usual
  - Trouble waking up or staying awake
  - Blue-ish lips or face

If you need to get medical care

- Call ahead to the clinic or emergency room, if you can. Tell them that you have COVID-19. If you call 911, tell the operator that you have COVID-19. This helps health care staff prepare for your arrival.
- Avoid using public transportation, taxis, or rideshares (Lyft, Uber) if you can, so you don’t expose other people. If you must use public transit, see www.sfcdcp.org/safertransit
Protecting your loved ones and others in your home from COVID-19

It can be scary to think that you might give COVID-19 to your family and other people you live with. You can take some simple and important steps to help keep COVID-19 from spreading in your home, even before you get your test result.

Not everyone can take these steps all the time, especially with young children. However, by taking as many steps as you can, as much as you can, you can protect those you love and those living with you.

- **Try to stay away from other people and pets at home**, especially older people and others who are more likely to become very ill from COVID-19. For a list of groups who are at higher risk of severe COVID-19, see sfcdcp.org/vulnerable.

- **Stay in a separate room** if you can, especially when you are sleeping, eating, and other times when your mask is off. Use a separate bathroom if you can.

- **Wear a face mask at home. Have other people wear face masks at home too.** For safety, children under 24 months old and anyone else who cannot take off a mask without help should not wear a mask. You do not need to wear a mask when you are in a separate room that no one else enters.

- **Open windows** if it's safe to do so. The virus that causes COVID-19 can build up in the air indoors, so you’ll want to bring in as much fresh air as possible. If you live with children, open windows no wider than 4 inches to prevent falls. You can also put a fan in front of an open window to blow indoor air out of the house. For more information, see sfcdcp.org/ventilation.

- Wash or sanitize your hands often.

- Don’t share personal household items, like cups, towels, and utensils.

- Avoid preparing food for other people. If you must prepare food for others, wear a mask while preparing food, and wash your hands with soap beforehand.