



## APPENDIX A: HOME QUARANTINE INSTRUCTIONS

### FOR CLOSE CONTACTS OF THOSE WHO HAVE BEEN DIAGNOSED WITH COVID-19

You need to stay home (quarantined), even though you maybe not feel sick, since you had close contact with someone who has been diagnosed with COVID-19. Quarantine is a way to prevent the spread of COVID-19 to more people.

#### **During your Quarantine period, please follow the instructions below:**

1. Follow Social Distancing Requirements as described in the Shelter in Place Health Officer Order No. c19-5c issued on April 29, 2020, or as further amended, which include:
  - Maintaining at least six-foot social distancing from individuals who are not part of the same household or living unit;
  - Frequently washing hands with soap and water for at least 20 seconds, or using hand sanitizer that is recognized by the Centers for Disease Control and Prevention as effective in combatting COVID-19;
  - Covering coughs and sneezes with a tissue or fabric or, if not possible, into the sleeve or elbow (but not into hands); and
  - Avoiding all social interaction outside the household when sick with a fever or cough.
2. Follow the Shelter in Place Health Officer Order No. c19-5c issued on April 29, 2020, subject to the conditions expressly provided in this Order and these Instructions.
3. Do not leave your place of quarantine to work, even if your work is permitted under the Shelter in Place Order No. c19-5c issued on April 29, 2020, or as further amended.
4. Do not travel, even if otherwise permissible under the Shelter in Place Health Officer Order No. c19-5c issued on April 29, 2020, or as further amended, with the exception of travel to access necessary medical care.
5. Utilize delivery services, such as Amazon or Instacart, as much as possible to avoid entering essential businesses like the grocery store, pharmacy, and hardware store.
6. Do not share toothbrushes, drinks or eating utensils.
7. Monitor yourself for symptoms. The most common symptoms of COVID-19 are fever, cough, and shortness of breath.
8. If you start to feel sick contact your healthcare provider and notify your provider that you may have been exposed to COVID-19.
9. If you frequent, volunteer, or work in a skilled nursing facility, a nursing home, a memory care center, a correctional/detention facility, a shelter, a group home, a day program, a dialysis center, a healthcare facility, or as a first responder, take reasonable steps to inform each such facility that you have been required to quarantine.





SAN MATEO COUNTY HEALTH

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**When does quarantine end?**

1. If you do not live with someone who has been diagnosed with COVID-19, your quarantine will end after 14 days as long as you have not been diagnosed with COVID-19.
2. If you live with someone who has been diagnosed with COVID-19, you will need to quarantine for 14 days after your household member no longer needs to be isolated, so long as you have not been diagnosed with COVID-19.