Why is self-quarantine important?

If you have been exposed to someone with COVID-19, you could be infected and spread the disease before you feel any symptoms even if you never feel sick.

How long should I self-quarantine?

You should quarantine for 14 days after your last contact with an infected person.

How do I self-quarantine?

- Stay home except to get medical care
- Do not have any visitors
- Stay at least 6 feet away from other people, especially those at in high-risk groups that are more likely to get sick, such as people who:
  - Are over age 65
  - Are severely overweight
  - Have a chronic disease (like cancer, heart/lung disease, diabetes)
  - Have a weak immune system

- Wear a face covering when around others
- Cover your coughs and sneezes
- Wash your hands often with soap and water for at least 20 seconds, or if you can't wash your hands, use hand sanitizer with at least 60% alcohol
- Disinfect any surfaces you touch frequently
- If you must be in a shared space, open windows when possible

Should I get testing for COVID-19 during self-quarantine?

Your public health department may ask you to get tested. Getting tested is especially important if you have symptoms of COVID-19. Ask your medical provider or public health department about getting tested. To find testing in your area visit www.covid19.ca.gov/testing-and-treatment.

What should I do if I start to have symptoms?

Contact your medical provider or public health department and discuss your symptoms, testing, and treatment. Be sure to alert your medical provider if you are in a high-risk group.

Why is self-isolate?

COVID-19 is very contagious. If you have tested positive or have symptoms of COVID-19, you should self-isolate to prevent spreading the disease to your family, friends, and community.

How long should I self-isolate?

You should self-isolate for at least 10 days after your symptoms start (or 10 days after you were tested if you never have symptoms). After you self-isolate and before you can be around others, your symptoms should also be improving (including not having a fever for at least 24 hours).

How do I self-isolate?

- Stay home except to get medical care
- Do not have any visitors
- Wear a face covering around others
- Cover your coughs and sneezes
- Wash your hands often with soap and water for at least 20 seconds, or if you can't wash your hands, use hand sanitizers with at least 60% alcohol
- Disinfect any surfaces you touch frequently
- Use a separate bathroom or disinfect a shared bathroom after each use

- Stay at least 6 feet away from other people, especially those in high-risk groups more likely to get sick, such as people who:
  - Are over age 65
  - Are severely overweight
  - Have a chronic disease (like cancer, lung/heart disease, diabetes)
  - Have a weak immune system
- If you must be in a shared space, open windows when possible

How can I care for myself at home?

While there is no specific treatment for COVID-19, proper home care (like resting and drinking fluids) helps most people get better without the need for hospitalization. You can take over-the-counter medications as directed on the bottle to provide relief from fever and pain.

Contact your medical provider and discuss your symptoms. Be sure to alert your medical provider if you are in a high-risk group.

Call 911 if you start to have emergency warning signs

Difficulty breathing — **Pressure or pain in chest** — **Bluish lips or face** — **Confused or hard to wake** — **Other serious symptoms**

If you call 911, tell the dispatch personnel that you have COVID-19.

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