

# HOME QUARANTINE



## What is Quarantine?

Quarantine is the act of separating people who have been exposed to a contagious disease, like COVID-19, from others, monitor them, and see if they become sick.

## Where Should You Quarantine?

If you are in quarantine, you should stay home or another location, so you don't unknowingly spread the disease.

## How Long Should You Stay in Quarantine?

After testing positive for COVID-19, you should isolate yourself from others for five days and follow the following rules:

- Wear a high-quality mask if you MUST be around others
- Separate yourself from others in your home as much as you can, including using a separate bathroom if possible
- Do not travel
- Do not share personal items with anyone
- Improve ventilation in your home by opening windows or using fans to improve air flow
- Monitor your symptoms and seek medical care if needed

## Ending Quarantine

- If your symptoms improve after five days, you may discontinue isolation. If they do not improve, continue to isolate yourself until you are fever-free for 24 hours (without the use of fever-reducing medication) AND your symptoms are improving.

## **Who Needs to Quarantine?**

- Anybody who was within 6 feet of someone contagious with COVID-19 for a total of 15 minutes or more over the course of a day (24 hours).
- Anyone who lives in the same household as someone with COVID-19.
- Anybody who had direct physical or intimate contact (e.g., kissing, hugging, other types of physical contact) with a person who has COVID-19.
- Anyone who provides care for a person who has COVID-19.

## **What to do While in Quarantine?**

- Monitor your symptoms, watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.
- If possible, stay in a separate room from all other household members.
- If possible, use your own bathroom.
- Do not go to work, school, or any other place outside the home.
- Do not invite guests from outside your household into your home.
- Wear a face mask if other people are around.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash hands thoroughly and often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol.
- Avoid touching your face with unwashed hands.
- Avoid sharing personal household items, such as food, dishes, drinking glasses, cups, eating utensils, towels, or bedding. After using these items, wash them thoroughly with soap and water.
- Get tested Immediately if you develop symptoms.

**For more information about quarantine, please visit:**

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.cdc.gov/quarantine/aboutlawsregulationsquarantineisolation.html>

<https://www.hhs.gov/answers/public-health-and-safety/what-is-the-difference-betweenisolation-and-quarantine/index.html>

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