

# Amador County Public Health Department

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## 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. Stay at Home, you may go outdoors but do not visit or gather with others outside of your household;
2. Wear a facemask whenever in the same room as others, even within your household.
3. Follow Social Distancing Requirements:
  - 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 until released from Quarantine or Isolation.
4. Do not go to work even if you work for an Essential Business, perform Essential Government Functions, operate or maintain Essential Infrastructure as defined in the Stay-at-Home Order, unless you fall under the Exception defined in Section 7 of the Quarantine Order.
5. Utilize delivery services or non-contact curbside pickup, or send someone else on errands, 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. Notify Public Health about any symptoms by calling 209-223-6407.
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, inform each such facility that you have been required to quarantine.

#### **When does quarantine end?**

1. If you do not live with someone who has been diagnosed with COVID-19, your quarantine will end 14 days after exposure as long as you have not been diagnosed with or developed symptoms of 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 or developed symptoms of COVID-19.