



Self-Quarantine Instructions for Individuals Exposed to COVID-19



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 10 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 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, diabetes, or heart/lung disease)
 - 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 tested 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 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.

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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