



Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19)

These quarantine instructions are for individuals who have had close contact with someone with COVID-19. Please follow separate guidance on our website if you have or develop symptoms of COVID-19, or have tested positive for COVID-19.

Cases, or people with COVID-19, can be contagious 48 hours before they have symptoms, when they have symptoms, or even if they are not showing symptoms. Having “close contact” with a case is defined as:

- living in the same house;
- being a caregiver or an intimate partner;
- being within six feet for a cumulative total of 15 minutes or more over a 24-hour period.

If you or your child has been in close contact with a case, please follow these quarantine guidelines to help prevent COVID-19 from spreading in your home and community.

If you are not vaccinated and have had close contact with a case, or your child is not vaccinated and they have had close contact with a case outside of school:

Please quarantine until:

- At least 10 days have passed since the date of exposure and remain asymptomatic **OR**
- At least 7 days have passed since the date of exposure, **IF** you have had a negative test day 5 or later and remain asymptomatic.

If your child is not vaccinated and has had close contact with a case at school:

When both individuals were wearing masks and close contact occurred in a supervised school setting, unvaccinated students may undergo a modified quarantine. They may continue to attend school if they have no symptoms, are tested twice weekly, and wear a mask in school. As part of this modified quarantine, your child will not be able to participate in extracurricular activities, including sports, or community-based activities, until:

- At least 10 days have passed since the date of exposure and remain asymptomatic **OR**
- At least 7 days have passed since the date of exposure, **IF** they have had a negative test day 5 or later and remain asymptomatic.

If you (or your child) are fully vaccinated and have had close contact with a case:

You do not need to quarantine. Instead, get tested 5 to 7 days after the exposure. If you test positive, immediately begin home isolation.

For anyone with close contact with a case:

Individuals who become infected with COVID-19 will typically test positive 5 days after they were exposed. If they go on to develop the disease, they will usually develop symptoms within 10 days of exposure. However, it can take between 2 and 14 days for symptoms to emerge, and tests only provide a snapshot of information from a given day. For these reasons, it is important to monitor for the development of symptoms for 14 days. For the duration of this time, please wear a mask, socially distance, wash hands frequently, and avoid crowds and poorly-ventilated indoor spaces. When possible, close contact with individuals who are at higher-risk for getting COVID-19 or becoming seriously ill from it should also be avoided. These higher-risk individuals include people who are unvaccinated, immunocompromised, elderly, pregnant, or who have serious chronic medical conditions.

How to quarantine:

You must restrict activities and limit all movement that may put you in contact with others during the quarantine period:

- Stay home. Do not go to work, school or public areas.
- Do not use public transportation, ride shares or taxis.
- Do not allow visitors into your home.
- Stay in a specific room and away from other people in your household as much as possible.
 - When possible, consider different living arrangements for people who are at higher-risk of serious illness from COVID-19 (unvaccinated, immunocompromised, elderly, pregnant, or with serious chronic medical conditions).
- Use a separate bathroom if available.
- Stay at least 6 feet away from others.
- Wear a mask if you must occupy a shared space.
- Avoid caring for children if possible.
- Wash your hands often and thoroughly with soap and water, for at least 20 seconds each time.
- Cover your coughs and sneezes.
- Do not prepare or serve food to others.
- Avoid sharing household items.
- Clean and disinfect all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Be sure to clean and disinfect any surfaces that may have bodily fluids on them. Follow product label instructions for all household cleaning and disinfectant sprays or wipes.

What if I am living with or caring for someone with COVID-19?

If you continue to live with and/or care for someone with COVID-19 it is possible that you will either be unable to avoid close contact with them or will be put in close contact with them repeatedly. Please ensure that you and the case both wear masks.

- If you come into close contact with that person again (being within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period of a case or touching body fluids or secretions without using the appropriate precautions) then the 10-day quarantine period will have to restart.
- If you are unable to avoid close contact, you should stay in quarantine at least 10 days after the person with COVID-19 became eligible to be “cleared” from their own isolation. This is likely to be at least 20 days.

Should I get tested?

If you can safely access testing, we do recommend that you be tested. The ideal time to be tested is 5-7 days from exposure. If you test negative day 5 or later you may discontinue home quarantine after day 7. If you test positive please follow our home isolation guidelines. Testing locations can also be found on our website: <https://www.cityofberkeley.info/covid19-testing/>

What if I develop symptoms?

Symptoms of COVID-19 include cough, shortness of breath, fever, chills, muscle aches, nausea, diarrhea, headache, sore throat, and loss of taste or smell. If you develop symptoms, you may have COVID-19. Please refer to our guidelines for individuals with suspected COVID-19. If your symptoms are severe, contact your healthcare provider or call 9-1-1 in an emergency.

Which groups should seek additional information on the period of their quarantine?

Workers with special quarantine considerations include first responders and healthcare workers whose compliance with the Public Health's isolation and quarantine guidance would compromise the continuity of services of the organization or department. These individuals should consult their employer, who may contact Public Health for additional guidance.

Will Public Health notify my workplace?

Public Health will not notify or release any personal information about you to your workplace unless it is necessary to do so to protect your health or the health of others.

*We thank you for your help in keeping our community
safe during this difficult time.*

If you have any additional questions, please visit <https://www.cityofberkeley.info/coronavirus/> or email us at covid19@cityofberkeley.info