



Detailed Instructions if You Live with Someone Who Has Tested Positive for COVID-19

You are providing care for a family or household member who has been diagnosed with COVID-19. You should stay home and be alert for developing symptoms yourself, such as a new cough, new shortness of breath, fever of 100.0, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Length of Your Quarantine

Ideally, it's recommended that you stay home and away from other people, including members of your household, for a full 14 days after your COVID-19 positive family/household member has started self-isolation. **If they are unable to isolate in your household, your quarantine will start when their isolation ends.**

- *While quarantining for the full 14 days is the best option to prevent the spread of COVID-19, the Centers for Disease Control and Prevention offers an option to shorten the length of quarantine for contacts who have no symptoms.*
- *If you have **NO SYMPTOMS**, you can end your quarantine after 10 days without any further testing. You need to continue to self-monitor through Day 14, following correct and strict mask usage, social distancing and all other hygiene measures.*
- *If you have **NO SYMPTOMS**, you can end your quarantine after Day 7, if you test negative on Day 5 or later with a PCR test. You can also end your quarantine after Day 7, if you have an antigen test as close to Day 7 as possible. You need to continue to self-monitor through Day 14, following correct and strict mask usage, social distancing and all other hygiene measures. **Be aware, the availability of local testing is limited.***
- *You cannot end your quarantine earlier than Day 7, even if you have no symptoms.*

Caring for Someone Diagnosed with COVID-19

- **Do not allow visitors in the home unless it is essential.**
- **Separate yourself and other family/household members from the ill person as much as possible. The ill person should have use of his or her own bathroom, if possible.**
- **Wear a facemask when in the same room with your ill family/household member.**
- **Make sure shared spaces have good airflow.** Open a window.
- Do not share dishes, drinking glasses, cups, utensils, towels, bedding or other items with the ill person. After the patient uses household items, wash them thoroughly.
- Help your ill family/household member with basic home needs like mail, garbage and laundry.
- Arrange for grocery shopping, needed medications and personal needs.
- Be the sole caretaker for pets and wash hands before and after caring for the animals.
- Twice a day, help your family/household member take and record their temperature; note the day and time.
- **Wear disposable gloves if you have contact with your ill family/household member's blood, stool, body fluid (saliva, sputum, vomit, urine).** Do not reuse disposable gloves and throw out after each use.
- When removing gloves and facemasks: first remove and dispose of gloves, immediately wash your hands, then remove facemask and wash hands again.
- **Wash your hands often** under running water with soap for 20 seconds.
- **Use a nickel-size amount of alcohol-based hand sanitizer** to clean your hands when you can't use soap and water.
- **Do not touch your face with unwashed hands.**
- If your family/household member gets sicker, call their healthcare provider to let them know that you are caring for someone diagnosed with COVID-19 and they are getting worse.
- If your family/household member has a medical emergency, call 911 and tell the dispatcher you are requesting help for someone who has been diagnosed with COVID-19 and is on home isolation.
- **Cover your cough and sneezes** with a tissue, throw used tissues in a lined trash can and immediately wash your hands or use a hand sanitizer.

Clean high-touch surfaces daily

- Wear gloves when cleaning high-touch surfaces, including: counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean any surface that may have blood, stool, or body fluids.
- Use a household cleaning spray or wipe according to label instructions.

Wash laundry thoroughly

- Wear disposable gloves when handling soiled items and keep them away from your body.
- Immediately remove and wash clothing/bedding that has been soiled with blood, stool, or body fluids.
- Use regular laundry detergent according to washing machine instructions and completely dry using the warmest temperature safe for fabric.
- Wash your hands immediately after removing your gloves.

Put all used disposable gloves, facemasks, and other contaminated items in a lined trash container. Wash your hands immediately after handling these items.

Caring for Yourself While Caring for Your Ill Household Member

To prevent spread of disease, you and everyone in the household needs to stay at home and check for symptoms.

- If you or household member(s) develop a new cough, new shortness of breath, fever of 100.0, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, ***call your healthcare provider.***
- If you have a medical emergency, call 911 and tell the dispatcher that you are in home monitoring for exposure to COVID-19.
- If you have symptoms, do not go to work, school, or other public areas.
- If you have no symptoms, you can go to the grocery store, pharmacy or outside for walks/exercise as long as you have **no contact** with people who do not live with you.

