



## 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; or if you have a negative antigen test on Day 7. You need to continue to self-monitor through Day 14, following correct and strict mask usage, social distancing and all other hygiene measures.
- ***You cannot end your quarantine earlier than Day 7, even if you have no symptoms.***
- **Close contacts who are fully vaccinated do not have to quarantine if they meet all of these conditions:**
  - They are fully vaccinated and at least 2 weeks since the final vaccine dose
  - AND do not have COVID-19 symptoms since their exposure to a person who tested positive for COVID-19.

- Fully vaccinated people should get tested 3-5 days after their exposure, even they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

Fully vaccinated people should still watch for symptoms of COVID-19 for 14 days following an exposure. If the fully vaccinated close contact is a caregiver or a household member, the close contact should still follow all of the precautions outlined for household members including: staying in a separate room and using a separate bathroom if possible, mask wearing, maintaining physical distancing, and following disinfecting and proper hygiene guidelines.

The above quarantine guidance for vaccinated people does not apply to long-term care facilities, but it does apply to healthcare workers outside of long-term care facilities.

### ***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.

