

# HOME QUARANTINE

## FOR HOUSEHOLD MEMBERS, INTIMATE PARTNERS, AND CLOSE CONTACTS OF A PERSON WHO HAS OR IS PRESUMED TO HAVE COVID-19

- You **MUST** stay home and stay away from others for 14 days from the last date that you were in contact with the symptomatic person
- You **MUST** have essentials delivered to your residence
- If you begin to experience mild symptoms, act as if you have COVID-19, and follow **isolation** measures which include:
  - Stay home at least 7 days and until you are fever-and-symptom free for 72 hours (3 days)
  - Do not leave your home, unless for a medical appointment
  - Notify all your close contacts that you likely have COVID-19, including:
    - Intimate partners
    - Caregivers
    - People who live in your home
  - Stay away from the other people in your home and do not cough or sneeze in common areas, especially when others are present
  - Use a separate bathroom if possible
  - Do not prepare or serve meals for your family
  - Do not share utensils, cups, straws or food/drink with others
  - Frequently disinfect and sanitize commonly used surfaces and areas
  - If you are a caregiver, try to find someone else to perform daily activities that put you in close contact with others
  - If you feel the need to see a doctor, call before you go
  - Prepare in advance and have a plan

For more information, visit: [publichealth.lacounty.gov](https://publichealth.lacounty.gov)

