



COVID-19: QUARANTINE AT HOME

WHAT YOU NEED TO KNOW



Quarantine is used to **keep someone who might have been exposed to COVID-19 away from others**. This helps prevent the spread of COVID-19 that can happen before a person knows they are sick or if they are infected with the virus without feeling symptoms.

Isolation is used to **keep someone who has or is suspected to have COVID-19 away from others**, even in their own home.

You should quarantine for 14 days after your last exposure to COVID-19, if you:

- had close contact (within 6 feet for 15 minutes or more) with someone who has or is suspected to have COVID-19
- have been instructed by your health provider (doctor) or local health department that you may have been exposed and need to quarantine

While you quarantine at home, you should:



Stay home for at least 14 days after your last close contact or exposure.



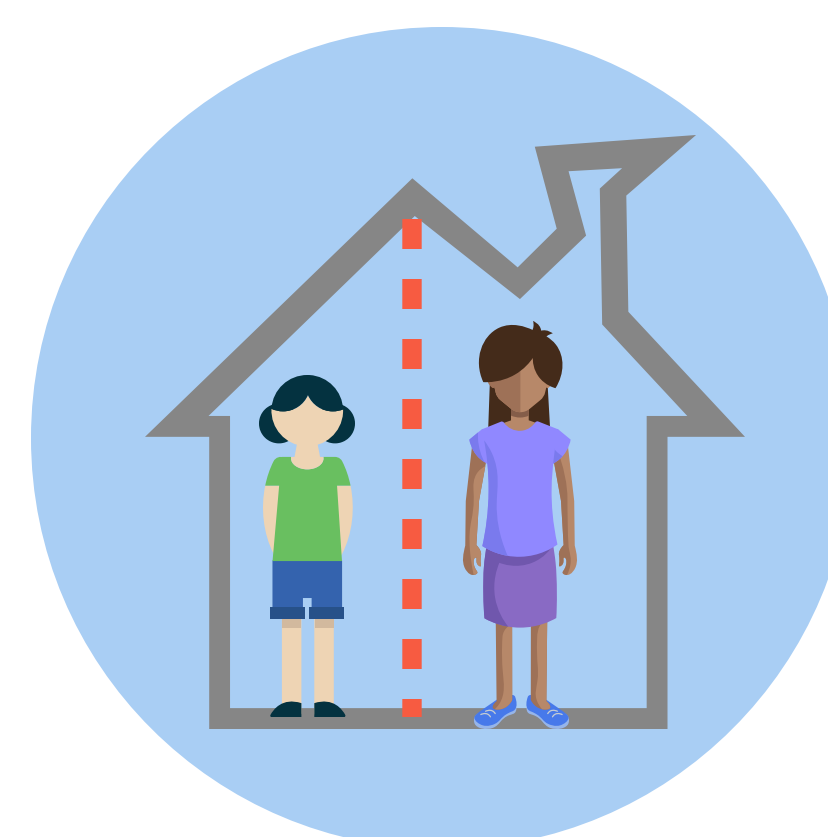
Only go out for necessary errands (food, medicines, essentials) or to exercise.



If you must go out, avoid close contact and keep at least 6 feet apart from others. Wear a cloth face covering when out.



Check your temperature twice a day, and monitor yourself for COVID-19 symptoms (fever of 100.4°F or higher, cough, body aches, sore throat, chills, loss of taste or smell, etc.).



Separate yourself from others if you develop symptoms, and contact your healthcare provider (doctor) to see if you should get tested.



FREE COVID-19 TESTING

If you think you or someone in your home has COVID-19 and would like to get tested, visit ohealthinfo.com/covidtest to find where you can get tested.

COVID-19 RESOURCES

For more information on help with getting food, resources related to job loss, trouble paying rent, or getting medical care, visit covid19info.ocgov.com.

For more COVID-19 information, please visit www.ohealthinfo.com/novelcoronavirus or call the OC Health Care Agency's Health Referral Line at (800) 564-8448.