



# Summary: Quarantine and Other Instructions for Close Contacts

Follow these instructions if you have been in close contact with a person who has COVID-19. This means:

- You were within 6 feet for a total of 15 minutes or more over a 24-hour period.
- You had unprotected contact with their body fluids and/or secretions. For example, you were coughed or sneezed on, you shared a drinking cup or eating utensils, you kissed, or you cared for them without wearing the right protective equipment.

## 1 Quarantine (unless you are exempt\*)

As long as you do not develop symptoms of COVID-19 you may leave quarantine either:

- **After Day 10, OR**
- **After Day 7 if you get a test after Day 5 and it is negative.** The test must be an FDA-approved viral COVID-19 test that is collected and performed in a healthcare setting or certified testing site.

Day 1 is the first full day after your last contact with the infected person.

When you are in quarantine, take precautions to protect others, including:

- **Stay home except to get medical care.**
- **Do not have visitors.**
- **Separate yourself from others in your home.** If you need to be in the same room as others:
  - Wear a mask with multiple layers and a snug fit and consider [double masking](#).
  - Stay at least 6 feet away. It is important to stay away from unvaccinated people who are at [higher risk of serious illness](#).
  - Open windows or use a fan or an air conditioner.
  - Clean your hands often.
- **Use a separate bathroom if possible.** If not, disinfect the bathroom after each use.

\*You do not have to quarantine as long as you do not have symptoms AND you either:

- Are fully vaccinated for COVID-19. Fully vaccinated means 2 weeks after your second dose in a 2-dose vaccine series or 2 weeks after a single-dose vaccine; OR
- Tested positive for COVID-19 within the past 3 months and recovered. (Recovered means you completed your isolation period.)

## 2 Get tested for COVID-19 (unless you had a positive viral test for COVID-19 in the past 90 days)

- To get tested, call your doctor, 2-1-1, or visit [covid19.lacounty.gov/testing](https://covid19.lacounty.gov/testing).
- If you test positive, you need to isolate and follow instructions at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation). If you test negative on or before Day 5, you need to stay in quarantine.

## 3 Monitor your health AND take extra precautions for 14 days after your last contact with the infected person

- **Monitor your health.** If you develop symptoms, you must stay home and away from others, contact your doctor, tell them you've been exposed, and arrange a for a test. Call 9-1-1 or go to an emergency room if you have serious symptoms.
- **Be extra careful.** Take [steps to protect others](#) (and yourself) including: wearing a mask (even in your home), staying at least 6 feet away from others, and washing your hands often. Stay away from people who are at high risk of getting very sick from COVID-19.

## 4 Follow the full Quarantine and Other Instructions for Close Contacts to COVID-19

- Ask your doctor for a copy, scan the QR code below, or visit [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine).
- Please help slow the spread of COVID-19 by talking to Public Health. If you get a call from "LA PublicHealth" or 1-833-641-0305, please take the call. If you receive a Health Officer Quarantine Order and have not already completed a confidential contact tracing interview, call the number on the Order.

