



Summary: Isolation Instructions for People with COVID-19

You have been diagnosed with COVID-19. You must follow these steps to prevent spreading the disease to your family, friends, and others.

1 Isolate yourself

You must stay home until:

- At least 10 days* have passed since your symptoms first started **and**
- You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) **and**
- Your symptoms have improved.

*If you have a weak immune system you might need to stay home for longer than 10 days. Talk to your doctor.

If you never had any symptoms, you must stay home for 10 days after the positive COVID-19 test was taken. But if you develop symptoms, you need to follow the instructions above.

2 Follow the isolation instructions including:

- Stay home except to get medical care
- Do not have any visitors
- Stay away from the others in your home. If you must be in the same room, wear a face covering and try to stay at least 6 feet away, especially from those at higher risk of severe illness
- If you must be in a shared space, open windows when possible
- Use a separate bathroom or disinfect a shared bathroom after each use
- Do not make or serve food to others
- Cover your coughs and sneezes
- Wash your hands often with soap and water for at least 20 seconds. Or, use hand sanitizer with at least 60% alcohol
- Disinfect any surfaces you touch a lot
- Contact your doctor if your symptoms get worse or concern you
- Call 9-1-1 if you have emergency signs. These include trouble breathing, pressure or pain in chest, bluish lips, confusion, hard to wake

Follow the full Isolation instructions. Ask your doctor for a copy, scan the QR code, or visit ph.lacounty.gov/covidisolation.



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 Isolation Order and have not already completed a contact tracing interview, please call the number on the Order.

3 Tell your close contacts they have been exposed

Tell all your close contacts that they could be infected and must quarantine unless they are exempt*. They must monitor their health and take extra steps to protect themselves for 14 days after they last had contact with you. They must follow all instructions even if they feel well or are fully vaccinated.

A “close contact” is any person who was exposed to you while you were infectious (from 2 days before your symptoms first started until your home isolation ends). This includes:

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

Close contacts should follow the *Quarantine and Other Instructions for Close Contacts* instructions. To view, scan the QR code, or visit ph.lacounty.gov/covidquarantine.



*You don't need to quarantine if you are fully vaccinated or recently recovered from COVID-19 as long as you have no symptoms. Monitor your health, wear a mask (including at home), and take extra precautions.