

## Novel Coronavirus 2019 (COVID-19) Outbreak: Quarantine Guidance for Household and Close Contacts\*

If you **live in the same home** or **were in close contact (within 6 feet for longer than 10 minutes)** with someone with COVID-19, you should **stay at home and quarantine**:

- If you live with the person with COVID-19, **separate yourself from the ill person (people) in the home.**
- **Stay at home for 14 days after your last contact with the person with COVID-19**, except to get essential medical care, prescriptions, and food.
  - **Do not go to work (unless you work in an essential service\*\* AND do not have any symptoms associated with COVID-19), school, or public areas** (e.g., shopping centers, movie theaters, stadiums, etc.). Do not use public transportation, including rideshares and taxis. Do not go on long-distance travel.
  - **If you work in an essential service\*\* AND do not have any symptoms associated with COVID-19** and must go to work during the 14 days after your last contact with the person with COVID-19, **you must wear a cloth face mask** when you are within 6 feet of other people.
- **Call ahead** before visiting your doctor and reschedule all non-essential medical appointments.
- **Cover** your coughs and sneezes.
- **Wash your hands** and avoid touching your eyes, nose, and mouth.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Monitor your temperature & symptoms** for 14 days after your last contact with the person with COVID-19.
  - **Temperature monitoring:** please take and record your temperature daily.
  - **Symptom monitoring:** fever or chills, cough, difficulty breathing or shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea can be symptoms associated with COVID-19.

### **If you develop fever or any of the symptoms listed during the 14-day monitoring period:**

- 1) **Get tested for COVID-19** with a PCR test (nose swab) at a healthcare facility or drive-thru testing site.
- 2) If you have **symptoms and tested positive** for COVID-19, you should:
  - Remain in home isolation until **10 days** have passed since your **symptoms first started AND**
  - At least **3 days (72 hours)** have passed since your **fever has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved.**
- 3) If you have **symptoms and tested negative** for COVID-19 (or you do not get tested), you should:
  - Stay home and away from others until **3 days (72 hours)** have passed since your **fever has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved.**
- 4) **Should you elect to seek healthcare please call ahead before going to your medical appointment**, be sure to tell your healthcare provider about your travel or your close contact with someone who is confirmed to have, or being evaluated for, COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected.

\*These recommendations are current as of 6/12/2020. Recommendations are subject to change as the situation evolves. For more information, please visit [maricopa.gov/COVID19](https://maricopa.gov/COVID19).

\*\*Essential services were defined by Governor Ducey's Executive Order here: <https://azgovernor.gov/governor/news/2020/03/governor-ducey-issues-executive-order-detailing-essential-services>