



# Home Quarantine Instructions for Close Contacts to COVID-19

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This guidance is for people who were in close contact with someone diagnosed with or suspected to have Coronavirus Disease 2019 (COVID-19).

*If you are a health care worker or first responder, please refer to guidance from your employer.*

To see the legal requirement that states that all people who have been in close contact with a person diagnosed with or likely to have COVID-19 must quarantine themselves, view the [Public Health Emergency Quarantine Order](#)

## Why quarantine is important

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

You have been in close contact with someone who has or is suspected to have COVID-19 so it is important for you to stay home, separate yourself from others, and monitor your health. Please read these instructions carefully.

## Definition of A Close Contact

A “close contact” is any of the following people who were exposed to an “infected person\*” while they were infectious:

- a. An individual who was within 6 feet of the infected person for more than 15 minutes
- b. An individual who had unprotected contact with the infected person’s body fluids and/or secretions, for example, being coughed or sneezed on, sharing utensils or saliva, or providing care without wearing appropriate protective equipment.

\*An infected person is anyone with COVID-19, or who is suspected to have COVID-19, and is considered to be infectious from 48 hours before their symptoms first appeared until they are no longer required to be isolated (as described in [Home Isolation Instructions for People with COVID-19 which can be accessed at \[ph.lacounty.gov/covidisolation\]\(https://ph.lacounty.gov/covidisolation\)](#)). A person with a positive COVID-19 test but no symptoms is considered to be infectious from 48 hours before their test was taken until 10 days after their test.

## Length of quarantine period

- You need to stay in quarantine for 14 days from when you last had close contact with the infectious person. The infected person should follow [Home Isolation Instructions for People with COVID-19](#).