

Stay Home – Stay Safe!
Coronavirus Disease 2019 (COVID-19)
How to Self-quarantine and Self-isolate

If you are not sick but are:

- a close contact to someone diagnosed with COVID-19, or
- recently returned from any travel outside Massachusetts,

please take these steps to help stop the spread of COVID-19.

Self-quarantine: Separate yourself from others in case you get sick

1. Stay at home until 14 days after and try to use a separate bedroom and bathroom if possible.
2. Do your best to stay at least 6 feet away from other people in the house. Avoid contact with people at higher risk for severe illness (unless they had the same exposure).
3. Do **not** leave your house to go to school, work or run errands.
4. Do **not** have any visitors to your house during this time.
5. Wash your hands frequently with soap and water for at least 20 seconds.
6. Do not share eating or drinking utensils with anybody.
7. **Monitor your health every day.**
8. If you need to seek routine medical care call ahead to your doctor and tell them you are under COVID-19 quarantine.
9. Do not take public transportation, taxis, or ride-shares to get to your appointment.

Monitor your health every day:

- Do health checks every morning and every night or anytime you feel like you might have a fever
- Take your temperature at least twice daily
- Be alert for any symptoms of COVID-19, including fever, cough or shortness of breath.

If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for COVID-19.

How to determine your last day of exposure:

Your last day of exposure is:

- The last time you were within 6 ft of someone confirmed to have COVID-19, or
- The day you arrived home after travel

If you do not show signs of COVID-19 for 14 days after the last time you were exposed, your self-quarantine period is finished.

Caring for someone at home

Most people who get sick with COVID-19 will have only mild illness and should recover at home.* Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

If you are caring for someone at home, [monitor for emergency signs](#), [prevent the spread of germs](#), [treat symptoms](#), and carefully consider [when to end home isolation](#).

***Note:** Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are [at higher risk](#) for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.

COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes, or talks. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

Monitor the person for worsening symptoms. Know the emergency warning signs.

- Have their healthcare provider's contact information on hand.
- If they are getting sicker, call their healthcare provider. For medical emergencies, call 911 and notify the dispatch personnel that they have or are suspected to have COVID-19.

Call ahead before visiting your doctor

- Call ahead: Many medical visits for routine care are being postponed or done by the phone or telemedicine
- If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Prevent the spread of germs when caring for someone who is sick

- Have the person stay in one room, away from other people, including yourself, as much as possible.
 - If possible, have them use a separate bathroom.
 - Avoid sharing personal household items, like dishes, towels, and bedding
 - Have them wear a [cloth face covering](#) (that covers their nose and mouth) when they are around people, including you.
 - If the sick person can't wear a cloth face covering, you should wear one while in the same room with them.
 - If the sick person needs to be around others (within the home, in a vehicle, or doctor's office), they should wear a cloth face covering that covers their mouth and nose.
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person. If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs
 - Use household cleaning sprays or wipes according to the label instructions.
- Wash laundry thoroughly.
 - If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
- Do not allow visitors in your home.
- All household members should monitor their own health and call their healthcare provider if they develop symptoms suggestive of COVID-19 (e.g. fever, cough, shortness of breath).
- For any additional questions about their care, contact their healthcare provider or state or local health department.

Provide symptom treatment

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
- Over-the-counter medicines may help with symptoms.
- For *most people*, symptoms last a few days and get better after a week.

If you have questions about isolation or quarantine, you can call your Local Board of Health (781) 631-0212 or the Department of Public Health's On-call Epidemiologists at 617-983-6800.