



# Information for People Exposed to COVID-19

**You are required\* to quarantine 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.

\* If you have had COVID-19 with a positive viral (swab or saliva) test in the last 90 days, talk with your doctor about the need to quarantine. You do not need to quarantine if you are fully vaccinated for COVID-19 **and** have no symptoms. (Fully vaccinated means 2 weeks have passed since your second dose in a 2-dose vaccine series or 2 weeks have passed since a single-dose vaccine.)

## 1 Quarantine for 10 days

For 10 full days from your last contact with person with COVID-19, 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 can end your quarantine after Day 10 if you never had any symptoms.

## 2 Get tested for COVID-19

- To get tested, call your doctor, 2-1-1, or visit [covid19.lacounty.gov/testing](https://covid19.lacounty.gov/testing). When getting tested, wear a well-fitting mask with multiple layers or [double mask](#). Use a private car if possible.
- If you test negative, you still need to quarantine for the full 10 days. If you test positive, you need to isolate and follow instructions at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation).

## 3 Monitor your health AND take extra precautions for 14 days

From Day 11 through Day 14 after your last contact with the person with COVID-19:

- **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. It is best to stay away from people who are at high risk of getting very sick from COVID-19.
- **Monitor your health.** If you get COVID-19 symptoms, contact your doctor, and discuss getting tested. Call 9-1-1 or go to an emergency room if you have serious symptoms such as trouble breathing, pain or pressure in your chest, bluish lips or face, feeling confused, or having a hard time waking up.

## 4 Follow the full quarantine instructions

Ask your doctor for a copy, scan the QR code below, or visit [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine).



The Los Angeles County Information line 2-1-1 is available 24/7 and can help you find a doctor, get a test, and arrange for food and other supplies to be left at your door.

Please answer if you get a call from “LA Public Health” or 1-833-641-0305. They will ask a few questions to help slow the spread of COVID-19 and can also share information on resources and services.

