



Quarantine Instructions for Individuals Exposed to COVID-19

If you have exposed to COVID-19, there are important steps you can take to protect yourself and others.

What is Quarantine?

Quarantine is when you stay home and away from others if you have been exposed to someone who has COVID-19 in case you also get the infection. It is good to quarantine if you are more likely to get sick and spread the virus to others, or if you might be near someone who could get really sick if they got COVID-19.

What is a Close Contact?

Someone sharing the same indoor airspace, e.g., home, clinic waiting room, airplane etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person's (laboratory-confirmed or a [clinical diagnosis](#)) infectious period.

When should I Quarantine?

If you have been exposed to someone with COVID-19, even if you are vaccinated, test 3-5 days after your exposure. Isolate if you test positive. If you had COVID-19 in the last 90 days, only test if you have new symptoms, using an antigen test. Unless you develop symptoms during the 10 days after you were exposed, you do not need to quarantine. If you live or work in a [high-risk setting](#), like a nursing home or a shelter, you may be required to quarantine. People with [high-risk exposures](#), like having someone in your home test positive, should be extra careful.

Where can I get tested for COVID-19 during Quarantine?

COVID testing in California is free to anyone who needs it. Antigen testing is the preferred method for diagnostic testing. The use of At-Home antigen tests are also acceptable. At-home tests are readily throughout the community, please visit El Dorado County's [COVID Testing Webpage](#) for more information on testing resources. You can book a free test appointment or find a walk-in test clinic. [Find a testing site online](#) or call (833) 422-4255 or 211.

What should I do if I start to have symptoms?

Immediately isolate yourself from others and get tested. Contact your healthcare provider with questions about your symptoms or care and alert them if you are in a [high-risk group](#).

Scan the QR code to see the interactive links on this flyer.

For full directions on how to quarantine, visit [cdph.ca.gov](https://www.cdph.ca.gov).



Call 911 if you start to have emergency warning signs



difficulty breathing



pressure or pain in chest



bluish lips or face



confused or hard to wake



other serious symptoms

If you call 911, tell the dispatch personnel that you may have COVID-19.

