



## SELF QUARANTINE

This Guidance is for:

- People with who have been in contact with a lab confirmed case of COVID-19
- Household members, intimate partners, close contacts and caregivers in a nonhealthcare setting of a person with COVID-19 symptoms including fever and cough and/or shortness of breath

These recommendations are based on what is currently known about [COVID-19](#). The Central Connecticut Health District will update this guidance as needed and as additional information becomes available. This guidance will help prevent the virus from spreading among people in homes and in other residential communities. Self-Quarantine is an effective precautionary measure to protect those around you – your family, friends, colleagues – from contracting COVID-19. Be aware that [individuals over the age of 60 and/or individuals with chronic conditions are at a greater risk of experiencing serious complications](#) from COVID-19.

Quarantine refers to the separation and restriction of movement of persons who, while not yet ill, have been exposed to an individual with confirmed or suspect COVID-19 and MAY develop the disease. Quarantine of exposed persons is a public health strategy that is intended to stop the spread of infectious disease. This guidance is to help you closely monitor your health for up to 14 days because you may have been exposed to a coronavirus patient. This does NOT mean that you will get sick with COVID-19.

### How to Self-quarantine

1. Stay home for **14 days** from the time you were with an individual with confirmed or suspect COVID-19. (14-days is referred to as the “latency” period for the disease- the time between exposure and the potential development of the disease.)
2. Monitor your temperature twice a day. A fever is defined as a temperature of 100.4 or greater. Be aware of symptoms including cough or shortness of breath.
3. A person’s residence is generally the preferred setting for quarantine. It is important to ensure that the home environment meets the ongoing physical, mental, and medical needs of the individual.
4. If you have completed the 14 days with no fever and cough and/or shortness of breath, you will no longer be under quarantine HOWEVER, we urge everyone to practice social distancing to reduce the risk of being exposed.

**You Should Consider the following:**

- **Wash hands often:** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Clean all “high-touch” surfaces frequently.** Use a household cleaning spray or wipe, following label instructions.
- All Household members should wash hands often.
- **Limit visitors who do not have an essential need to be in the home.**

**IF you develop symptoms--quickly isolate yourself.** Separate yourself physically from others in the household, stay in a separate room, if possible use a separate bathroom, regularly wipe down surfaces you touch, have household members bring food and beverage to you and encourage all families members to wash their hands immediately after touching anything that you have touched. Contact the Central Connecticut Health District for additional guidance at 860-785-8380.

If you develop [emergency warning signs for COVID-19](#) get medical attention immediately. Emergency warning signs include\*:

- Difficulty breathing or shortness of breath
- 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.

**Call ahead and notify first responders and medical providers that you are experiencing symptom of COVID-19. This is critical to protect our health care and emergency services.**

Additional Resources:

CDC [WWW.CDC.gov](http://WWW.CDC.gov)

CCHD [WWW.CCTHD.org](http://WWW.CCTHD.org)

CT DPH <https://portal.ct.gov/Coronavirus>