

# How Do I Quarantine Myself?

(for Exposure but no symptoms)

*From your care team clinicians at Waco Family Medicine*

**First, do you need to quarantine?** You DO need to quarantine if you were exposed to COVID-19 and are NOT “up-to-date” on COVID-19 vaccinations OR if you have symptoms of COVID-19. “Up to date” means:

- Have received both doses of a 2 dose vaccine (Pfizer, Moderna) or 1 dose of a 1 dose vaccine (J&J) and not yet due for booster
- Are due for a booster and have received it

**If you do need to quarantine – here’s what you do...**

1. Stay home from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. If you develop symptoms call your healthcare provider.
3. Get rest and stay hydrated.
4. If you have a medical appointment, call the healthcare provider ahead of time and tell the provider that you have or may have COVID-19.
5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
6. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
7. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.

8. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding

9. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

## When Do I Discontinue Quarantine?

If you have been EXPOSED to COVID-19 and have no symptoms you are in quarantine.

- You may discontinue home quarantine IF
  - You have no symptoms AND
  - It's been at least 5 days after the last known exposure to a person with COVID-19 AND
  - You can mask effectively (tight fitting mask in all settings) for another 5 days (10 days total) - Many children cannot.
- If you do not meet these criteria then you need to continue to quarantine for a full 10 days.
  - If you have symptoms then get tested for COVID.