

Staying safe at home

If I have COVID-19, have symptoms, or I was exposed, how do I protect myself, my family, household, and community?



You must isolate or quarantine if:

1) You had one or more COVID-19 symptoms*

See sfcdcp.org/IsolationAndQuarantine to learn how long you must isolate depending on your test result and situation.

If you have been vaccinated for COVID-19:
Speak to a healthcare provider to see if you need to get a COVID-19 test and how long you should isolate for.

2) Someone you had close contact** with found out that they tested positive for COVID-19

You must quarantine for at least 10 days since your last close contact. Read more at sfcdcp.org/QuarantineDuration.

If you have been vaccinated for COVID-19:
See sfcdcp.org/QuarantineAfterVaccination.

3) You tested positive for COVID-19

You must isolate until:

- 1) It has been 10 days since your symptoms began,
- 2) Your symptoms have improved, AND
- 3) You have had no fever for at least 24 hours without using fever-reducing medicines.

If you never had symptoms, you must isolate for 10 days since your COVID-19 test was collected.

* See sfcdcp.org/COVID19symptoms for a list of symptoms.

** "Close contact" means that you were within 6 feet of the person for a total of 15 minutes or more over the course of a day.

If you tested positive for COVID-19 in the last 3 months, talk to your healthcare provider about what to do next.

What does it mean to isolate or quarantine?

Stay home and do not go to work, school or public places.

See the back of this page for tips on how to stay safe while you stay home.



[sfcdcp.org/
IsolationAndQuarantine](https://sfcdcp.org/IsolationAndQuarantine)



City & County of San Francisco



Do not leave your home unless you are getting healthcare.

- Avoid work, school and public areas
- Avoid public transportation, rideshares or taxis
- Avoid having visitors, unless you need their help to take care of you



If you live with other people

- **Stay in a separate room**, especially when sleeping, eating, and when your mask is off.
- **If you share a bathroom:**
 - Turn on fans that pull air out of the bathroom
 - Open windows
 - Flush the toilet with the lid closed
 - Wash your hands with soap and water for at least 20 seconds
- **Wear a face mask.** Have other people wear face masks at home too.
- **Open windows.** The virus can build up in the air indoors, so bring in as much fresh air as possible.
- **Limit contact with other people and pets.**
- **Wash or sanitize your hands often.**
- **Avoid preparing food for other people.**
- **Clean and disinfect common surfaces.**
- **Do not share** utensils, plates, towels and bedding.



Take care of yourself

- Rest and drink plenty of fluids.
- Take an over-the-counter medicine like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) to reduce fever and pain. For children 2 or under, check with your doctor first.



You can ask friends or loved ones to help

Remind them to wear a mask and wash their hands, so they may safely:

- Leave food and drinks at your door
- Get you medicine to relieve symptoms
- Help care for children, parents, other dependents or your pets

If you cannot isolate or quarantine where you currently live, call 311 for help with housing, food or other needs.

