
Home Quarantine Guidance for Close Contacts of a Confirmed COVID-19 Case

Why am I being asked to self-quarantine?

You are a close contact or household member of a confirmed COVID-19 case. You may feel well now, but it is possible that you are also infected, as symptoms of COVID-19 can appear 2-14 days after exposure.

How long do I need to self-quarantine?

If you are **not living with or caring for a confirmed COVID-19 case**, your last day of self-quarantine is 14 days after the date of your last contact with the confirmed case.

If you continue to **live with and/or care for a confirmed COVID-19 case**, then self-quarantine during the confirmed COVID-19 case's self-isolation period **PLUS** an additional 14 days after the confirmed COVID-19 case is "cleared" to stop their own isolation by the New Mexico Department of Health.

What are the restrictions of self-quarantine?

1. **Stay at home** except to get medical care. Do not go to work, school, or public areas.
2. Do not allow visitors into your home.
3. Separate yourself from other people in your home as much as possible.
 - Try to stay at least 6 feet away from others
 - Use a separate bathroom, if available
 - Do not prepare or serve food for others
 - Do not share dishes, drinking glasses, eating utensils, towels, or bedding
 - Do not handle pets or other animals

How should I monitor my health during my self-quarantine?

1. Monitor for signs and symptoms of COVID-19: fever, cough and/or shortness of breath
 - Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose
2. If you develop symptoms call your provider and the New Mexico Coronavirus Hotline at 1-800-600-3453 to discuss a plan for testing.

This guidance is not applicable to healthcare professionals with occupational exposure. Healthcare professionals please contact your employee health or infection control for guidance.

EPIDEMIOLOGY AND RESPONSE

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