# Appendix 2: Self-Quarantine

**Self-Quarantine Basics & FAQs**

Management of Contacts (Based on WHO guidelines) – *Persons (including caregivers and health care workers) who have been exposed to individuals with suspected COVID-19 disease are considered contacts and should be advised to self-quarantine and monitor their health for 14 days from the last possible day of contact.*

# A contact is a person who has had any of the following exposures:

* An exposure through travel to an international or domestic location with community- based spread of COVID-19
* An exposure from a household member with COVID-19 disease
* An exposure from working in close contact with someone diagnosed with COVID-19
* Health-care associated exposure such as providing direct care to patients with COVID-19 disease
* Visiting COVID-19 patients or staying in the same environment as a COVID-19 patient
* An exposure through traveling with a patient who has COVID-19 disease

# Not everyone who has contact with a COVID-19 person will develop COVID-19. What does quarantine mean?

CDC defines quarantine as separating and restricting the movement of a person/persons who were exposed to a contagious disease such as COVID-19 to see if they become sick and to prevent the spread of the contagious disease. This can be difficult under ordinary circumstance but may be even more challenging for people with developmental disabilities. You may need to modify some practices to prevent exacerbating an already difficult situation when working with people who may not understand the rationale or appreciate the seriousness of the situation.

# How do contacts quarantine at home?

* + Do not go out in public for shopping, social activities, entertainment purposes, or non-critical medical appointments. You could go outside in the back yard or go for a drive to get a break from the house. The purpose of quarantine is to prevent the exposed person from spreading the virus to others.
  + If you must go out for medical care, call ahead to ensure you’re going to the right place and taking necessary precautions.
    - Inform the provider you are a known contact of someone with a positive COVID-19 test.
  + Avoid other people in the home as much as possible, staying in separate rooms and using separate bedrooms and bathrooms if possible
  + Do not share household items such as drinking cups, eating utensils, towels, or bedding. Use paper products when possible and wash laundry separately in warm/hot water.
  + Do not allow visitors into the home.
  + Maintain six feet of personal space whenever possible.
  + If you must be around other people in the home wear a mask.
  + Disinfect high-touch surfaces frequently, at least once daily.
    - Light switches, door knobs, bathroom fixtures, phones, tablets, etc.
  + Shared spaces in the home should have good airflow—use the fan on the air conditioner to circulate air or open windows if possible.
  + Practice good hand hygiene, washing hands with soap frequently.
  + Cover your cough with your elbow or a tissue; avoid touching your eyes, nose, or mouth with unwashed hands.
  + Self-monitor health for 14 days from the last possible day of exposure.
    - Check your temperature at least twice per day, readings of 100.4 F or higher indicates a fever and should be reported to your healthcare provider or local public health agency (if directed).
    - Note onset of dry cough and or shortness of breath; this should be reported to your health care provider or local public health agency (if directed)
    - Contact your appropriate health care provider if you develop these or other concerning symptoms.

# What should contacts or caregivers do if they become symptomatic?

* They should continue to monitor for early symptoms of COVID-19, which are typically
* Fever – typically 100.4 F
* New onset dry cough
* Shortness of breath
* New fatigue and muscle aches
* Contact their health care provider and report they had contact with a COVID-19 positive person and follow the guidance provided by the healthcare provider.
* Practice hand hygiene, respiratory hygiene and environmental hygiene.
* Wear a face mask before leaving the house.

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

* **Trouble breathing**
* **Persistent pain or pressure in the chest**
* **New confusion or inability to arouse**
* **Bluish lips or face**

\*List of emergency symptoms is not all inclusive