HOME CARE INSTRUCTIONS FOR COVID-19

Unvaccinated people who may have been exposed to COVID-19 coronavirus but are not sick or experiencing symptoms may be asked to temporarily stay in their homes. This is called quarantine, which is an effective method to control the spread of infectious diseases.

Vaccinated people who have been exposed and do not have symptoms do not need to quarantine. If a vaccinated person becomes sick with COVID-19 symptoms or tests positive for COVID-19, he or she must adhere to guidelines for isolation. Read more CDC guidance about quarantine for vaccinated persons.

FOR PATIENTS.

Stay home, but stay away from people in your home.

Stay in a separate room and use a separate bathroom, if possible.

Only interact with one other person, as needed.

Cover your face with a tissue when coughing, sneezing, or blowing your nose.

Wash hands often with warm water and soap.

FOR OTHERS.

If you can, move out of the residence temporarily.

Sleep in separate rooms, or as far from the patient as possible.

Avoid contact with the patient and don't share personal items.

Wash your hands frequently, even if you wear gloves.

DAILY CLEANING.

Clean surfaces that the patient touches with household disinfectant.

Clean the bathroom that the patient uses with household disinfectant.

Wear rubber gloves when touching or cleaning surfaces or clothing the patient has touched. Do not reuse gloves.

MEDICAL CARE.

Call ahead before going to the doctor or hospital. Call 911 in the event of emergency.

If you are in quarantine:

- Check and record your temperature every day.
- If you develop symptoms of COVID, get tested.

See our map of testing sites.

MASKS.

Patients should wear a mask when interacting with others. If there is a choice between vaccinated and unvaccinated individuals, whenever possible, the vaccinated person should be the caregiver.

Caregivers should wear a mask when taking care of the patient. Wear a mask that covers your mouth and nose; avoid touching your face or the mask.
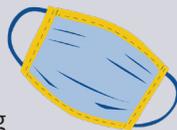
ENDING QUARANTINE OR ISOLATION.

If you are in isolation with the COVID-19 virus, follow these guidelines until the Health Department says to stop.

If you are in quarantine, follow these guidelines for 10 days after your most recent exposure, assuming you develop no symptoms. Quarantine may be shortened, check CDC guidance here: bit.ly/QuarTime

10 DAYS

CONTACT: Call 215-685-5488, Mon-Fri, 8:30 AM- 5:30 PM
After hours, call 800-722-7112 with medical questions.