

HOME CARE INSTRUCTIONS FOR COVID-19

Quarantine means staying home temporarily to control the spread of infectious diseases. The CDC's new recommended quarantine period is based on vaccination status. After close contact with someone with COVID-19, the following groups are recommended to quarantine for 5 days followed by an additional 5 days of strict mask use:

- Unvaccinated
- More than 6 months out from their final vaccine dose of Pfizer or Moderna and not yet boosted
- More than 2 months out from their J&J vaccine and not yet boosted

Close contacts who have received their booster shot and completed the primary series of Pfizer, Moderna, or J&J within the time periods listed above, do not need to quarantine following an exposure and should strictly mask around others for 10 days. Read details of CDC's isolation and quarantine guidance here: <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>.



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, find another place to stay temporarily. Even a few days can help reduce the risk of transmission.

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.

If you are in quarantine:

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

Call 911 in the event of emergency.

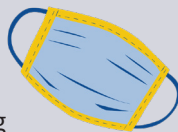
[See our map of testing sites.](#)



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 5 days after your most recent exposure and wear a mask around others for 5 more days, assuming you develop no symptoms. Check CDC guidance here:

bit.ly/QuarTime.



CONTACT:

Call 215-685-5488, Mon-Fri, 8:30 AM- 6:00 PM and weekends 9:00 AM - 5:00 PM.