Home Quarantine Steps:

If you live in a household or had close contact with someone diagnosed with or awaiting test results for COVID-19, you must follow these Home Quarantine Steps to prevent passing the infection to anyone else.

- Stay in home quarantine for 14 full days after you were last in close contact with the person with COVID-19.
- If you are waiting for test results, follow the Home Isolation Steps (see link below) until you receive your results. If your results are negative, check with your doctor before you stop following the Home Isolation Steps.

If you are unable to avoid close contact with the person with COVID-19, you must stay in quarantine for 14 full days after the day that person completed their self-isolation. This is likely to be at least 24 days total.

If you feel sick or are having any cold or flu symptoms, please call the UCSF COVID hotline at 415-514-7328 so that we may direct you to the appropriate care. After hours, please call your primary care provider for advice. If you start to experience a medical emergency, please call 911 or go to your nearest emergency department.

If you are not a resident of San Francisco, please go to the website of your local Department of Public Health for information about COVID-19 resources available in your county.

More information on Home Isolation and Home Quarantine Steps can be found on the following links:

- SFDPH COVID-19 Quarantine/Isolation guidelines: https://www.sfcdcp.org/wp-content/uploads/2020/04/COVID19-Home-IQ-Guidelines-FINAL-05.14.2020.pdf
- CDC website at www.coronavirus.gov
- Http://www.ucsf.edu/coronavirus