



# PROTECT OUR HERITAGE: KEEP OUR FAMILIES SAFE AT HOME

## WHY AM I BEING ASKED TO SELF-QUARANTINE?

You have been in close contact with someone who has Coronavirus Disease 2019 (COVID-19) and even though you feel well now, it is possible that you are also infected. It can take 2 - 14 days to show symptoms. **You have been asked to self-quarantine in case you are infected so that you don't pass on the infection to anyone else.**

## WHAT IS SELF-QUARANTINE?

**Self-quarantine means staying at home and away from other people** as much as possible except to get medical care.

## HOW LONG DO I NEED TO SELF-QUARANTINE?

You will need to stay at home and self-quarantine for **10 days from when you were last exposed to the person with COVID-19**. You should also self-monitor for COVID-19 symptoms (e.g., fever/chills, cough, shortness of breath, new loss of taste/smell, headache, sore throat, and muscle pain) for an additional 4 days after you complete the quarantine.

## IMPORTANT EXCEPTIONS:

- Quarantine is not required for persons who have had COVID-19 in the past 90 days AND no longer have symptoms.
- Quarantine is not required for fully vaccinated persons if both of the following criteria are met:
  1. At least 2 weeks have passed since your second shot of a 2-dose vaccine (Pfizer or Moderna), or your first shot of a single-dose vaccine (Johnson & Johnson); and
  2. You have remained symptom free since being in close contact with the person who had COVID-19
- Quarantine should last 14-days for persons residing or working in long-term care, assisted living, or correctional facilities, as well as hospital inpatients, even if they are fully vaccinated.

## HOW DO I SELF-QUARANTINE?

You must restrict activities and limit all movements that may expose you to others during the quarantine period.

1. Stay home. Do not go to work, school, or public areas.
2. Do not allow visitors and limit the number of people in your home.
3. Separate yourself from others in your home (unless they are also in quarantine).
  - Stay in a specific room and away from other people in your home. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years and older, are pregnant, or have a health problem such as a chronic disease (diabetes, heart disease, high blood pressure, cancer, etc.) or a weak immune system.
  - Use a separate bathroom, if available.
  - Stay at least 6 feet away from others. When this is not possible, wear a face cover.
  - Do not handle pets or other animals.

## SYMPTOMS MAY INCLUDE

FEVER

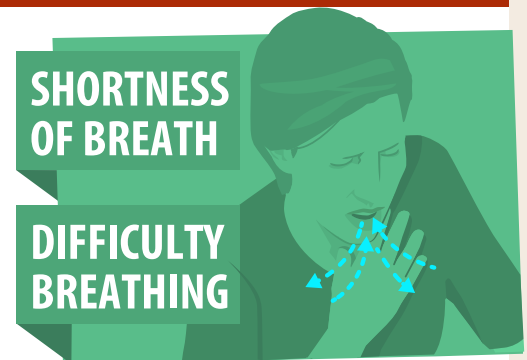


COUGH



SHORTNESS  
OF BREATH

DIFFICULTY  
BREATHING



Symptoms may appear 2-14 days after exposure. Symptoms may also include chills, muscle pain, headache, sore throat and new loss of taste or smell.

## WHAT IF I DEVELOP SYMPTOMS?

If you develop any of the signs or symptoms above, you may have COVID-19. Most people with COVID-19 will have mild illness and can get better with the proper home care and without the need to see a provider.

**If symptoms worsen you should seek medical care. Call your healthcare provider in advance, or 9-1-1 in an emergency, and let them know you are a close contact to a person with confirmed COVID-19.**



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