COVID-19 FAST FACTS

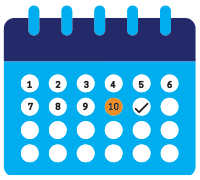
Isolation and Quarantine

WHO NEEDS TO QUARANTINE OR ISOLATE

ISOLATION

Keeps a sick person from getting other people sick.

WHO: People with COVID-19 symptoms or who have tested positive even if they do not have symptoms.



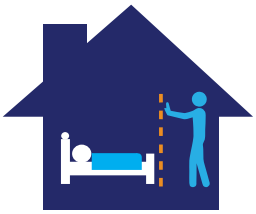
HOW LONG: At least 10 days after the person's first symptoms or positive test

AND

The last 24 hours must be fever-free without taking fever reducing medicine (like Tylenol, aspirin, or Advil)

AND

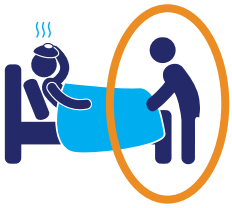
Symptoms must be improved



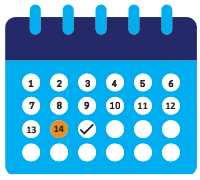
HOW: The sick person should stay in one room away from other people in the house.

QUARANTINE

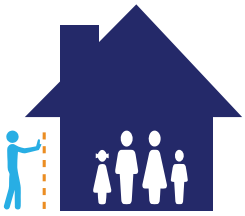
Helps stop the spread of COVID-19.



WHO: People who live, care for or closely work with someone who has COVID-19. Close contact is when you are closer than 6 feet for more than 15 minutes.



HOW LONG: 10 days from the day you were last in contact with someone who has COVID-19



HOW: Stay home, reducing contact with others as much as possible.

If you cannot properly isolate or quarantine at home, Marin HHS can help. Call (415) 473-7191 for information.

Requests for accommodations may be made by calling (415) 473-3232 (TDD/TTY), or by email (digitalaccess@marincounty.org). Copies of documents are available in alternative formats, upon request.

HOW TO SAFELY ISOLATE OR QUARANTINE

Clean and disinfect the isolation or quarantine area every day.

Make sure to include frequently touched surfaces like door knobs, toilet handles, and faucets.

Always wear gloves and a mask when caring for or in the same room as someone who is sick.
Wash and dry your mask every 1-3 days.

Do NOT share any items like TV remotes, phones, or computers with someone who is sick.

WHAT IF YOU NEED HELP?

If you have symptoms, have tested positive or live with someone who has COVID-19, you may be eligible for assistance while your isolate or quarantine including:

- groceries
- free motel room
- financial assistance

Talk with your healthcare provider, testing site staff, or local non-profit for more information.

If you don't have a healthcare provider contact your local community clinic:

- Marin Community Clinic (415) 448-1500
- Ritter Health Center (415) 457-8182
- Marin City Health & Wellness Center (415) 339-8813
- Coastal Health Alliance (415) 663-8666

Have questions about COVID-19? Call us at (415) 473.7191.

MARIN HEALTH & HUMAN SERVICES
Health, Well-being & Safety

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