

# Home Quarantine and Home Isolation – What You Need to Know and Do

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The infectious disease COVID-19, caused by the novel (new) coronavirus may continue to spread in our community.

Home quarantine and home isolation are two different strategies to use in order to limit the spread of this virus to others in our community. They both mean staying home and limiting contact with people outside your household.

We understand that being placed on home quarantine or home isolation can be hard on families. Please read this handout to learn more about what it means for you and your family.

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## What is home quarantine?

Home quarantine is used when a person has had close contact with someone with COVID-19 or is likely to have been exposed through travel to certain areas. Typically, a person on home quarantine does not have symptoms of the disease but we recommend you stay at home and away from others in case they may develop symptoms.

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## What is home isolation?

Home isolation is used when a person is sick with proven or suspected COVID-19. This helps the person avoid spreading the disease to others in their community.

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## How long will I have to stay home?

Home quarantine usually lasts 14 days, but may last longer if you become sick and need to stay in isolation until you are better

If you are sick with COVID-19 and have been placed on home isolation, you will need to stay home for about 7 days or for three days after you no longer have a fever. For your and the safety of others, choose the period that is longer of the two.

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## Who do I call if I have questions?

If you have questions about the testing for COVID-19, speak to your care team.

Any other questions about coronavirus or COVID-19 should be directed to your child's primary care provider.

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### To Learn More

- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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## What do we need to do?

### Your child should:

- Stay home. Your child should not leave home except for getting medical care. This includes staying home from school, public areas and public transportation.
- Cover their mouth and nose with a tissue when coughing or sneezing.

### You, the parent or primary caregiver, should:

- Stay home. You should not leave home except for getting medical care. This includes staying home from work, public areas and public transportation.
- Have only people in the home who are essential for providing care. No one else may visit.
- If you start to have symptoms like cough and fever, tell your primary care provider right away.
- Stay in a different room from your child as much as possible if one of you is sick and the other is not.
- Clean your hands well with soap and water or hand sanitizer gel often, especially after you or your child sneeze, blow your nose, before touching your face or eating.
- Avoid sharing household items such as dishes, cups, bedding or other items between people in your home, especially between those who are sick and those who are not.

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