

# Home Quarantine – 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.

We place some people on home quarantine in order to limit the spread of this virus to others in our community. We understand that being placed on home quarantine can be hard on families. Please read this handout to learn more about home quarantine and what it means for you and your family.

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## What is a home quarantine?

A home quarantine is when your healthcare provider or public health official tells you and your family to stay home and limit contact with people outside of your household.

It's for people who either are known to have COVID-19 or have been exposed and are waiting for the results of their testing.

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## Why is my family being placed on home quarantine?

Your family is being placed on home quarantine because it is possible that you have been exposed to, or has been confirmed that you have, COVID-19. The people who need to stay at home are those who were exposed to COVID-19 and/or have symptoms (fever, cough, shortness of breath).

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## How long will I have to be on home quarantine?

This will depend on how long it takes for everyone in your family to be tested. Once the results of your test are available, your healthcare provider or your local public health official will give you more instructions.

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## Who do I call if I have questions?

If you have questions about the testing for COVID-19, speak to the care team who are doing this test.

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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