



Isolation and Quarantine

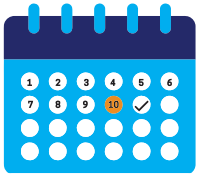
WHO NEEDS TO QUARANTINE OR ISOLATE

ISOLATION

Keeps a sick person from getting other people sick.



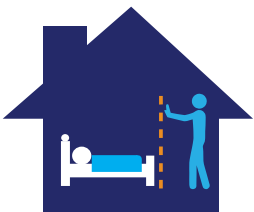
WHO: People with COVID-19 symptoms or who have tested positive even if they do not have symptoms.



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



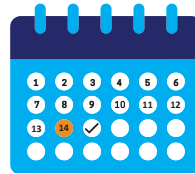
HOW: The sick person should stay in one room away from other people in the house.

QUARANTINE

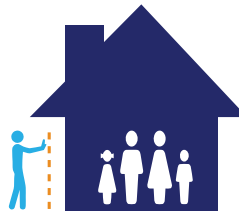
Helps stop the spread of COVID-19.



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: 14 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.

You may qualify for resources to help you quarantine or isolate. If you need cash, food, or other types of 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.

Isolation and Quarantine Support



DISASTER RELIEF PAYMENTS

Low-income residents who test positive for COVID-19 and are in isolation (staying home, not reporting to work), or live with someone who has tested positive and need to stay home to quarantine, may qualify for a disaster relief payment.



FREE MOTEL ROOM AND RENTAL ASSISTANCE

People who need a place to isolate because they cannot safely separate from others in their own home may qualify to stay in a free motel room for the duration of isolation period. If you have taken a COVID-19 test because you believe you have been exposed and you cannot safely quarantine at home, you may also qualify to stay in a room.

To find out if you qualify for emergency rental assistance, call 415-473-2223.



FREE DELIVERIES

Food Delivery: If you are in isolation or quarantine, you may be eligible for a food bank grocery bag for the duration of your isolation and quarantine period.

Supplies Delivery: If you are in isolation or quarantine, you may be eligible for essential supplies delivery, which include diapers, baby wipes, sanitizer gel, feminine pads, toilet paper, Clorox wipes, and/or trash bags (as supplies last).



GETTING HELP

We know isolation and quarantine may be difficult to do if you live in a crowded home or must work to support your family.

If you test positive and need these supportive services, please call the Marin HHS COVID19 Hotline at 415-473-7191 or contact your local community-based organization or local medical provider.