



Mecklenburg County Public Health

Self-Quarantine Instructions for COVID-19

You may have been exposed to the Coronavirus Disease 2019 (COVID-19). This does not mean for certain that you have COVID-19 or that you will get sick with COVID-19. However, it is important that you take action to protect yourself and others.

- You are being asked to **stay home and monitor your symptoms each day for 14 days after your exposure to a close contact.**

Are there any places I should NOT go during my quarantine period?

<ul style="list-style-type: none">• Stay home for 14 days unless you are seeking medical care.	<ul style="list-style-type: none">• Do not go to work, school, religious gatherings, or public areas.
<ul style="list-style-type: none">• Do not use public transportation	<ul style="list-style-type: none">• Do not allow visitors into your home.

How do I social distance from household members who are NOT in quarantine?

- **Stay at least 6 feet away from others.** When this is not possible, wear a face covering.
- **Cover your nose and mouth** when sneezing or coughing.
- **Wash your hands** with soap and water for at least 20 seconds or use a hand sanitizer.
- **Avoid sharing household items:** cups, towels, eating utensils, bedding, or other items.
- **Keep your surroundings clean.** Clean surfaces that you share with others—doorknobs, phones, and bathroom surfaces, etc.—with a standard household disinfectant such as Clorox wipes. Wash your hands after cleaning the area.
- **Do not pet, cuddle, or kiss pets** or other animals.

Monitor your temperature and symptoms.

- Try to take your temperature twice a day and write it down.
- If you are taking medications that lower your fever like Tylenol® (acetaminophen) or Motrin® (ibuprofen), take your temperature **BEFORE** your next dose.
- If you have been contacted by a MCPH contact tracer, you may receive daily notification either by text, e-mail, or phone call as determined during your initial close contact interview with a Mecklenburg County Public Health representative.
 - If by text: the notification and survey link will come from a 5-digit code (453-94).
 - If by e-mail: the notification and survey link will come through e-mail (NC DHHS-ARIAS).
 - If by phone: MCPH staff will call you to review your symptoms.
- For questions, please call **980-314-9401**.

What are the symptoms of COVID-19?

Symptoms may include:

- Fever (100.4F or 38.0C)
- Muscle pain
- Chills
- Cough
- Nausea or vomiting
- Nasal congestion or runny nose
- Shortness of breath or trouble breathing
- Sore throat
- New loss of taste or smell
- Nasal congestion or runny nose
- Diarrhea

** Use a face mask or cloth face covering when seeking medical care and/or traveling to get a test.*

When should I be tested?

- Close contacts who **have symptoms** should be tested when they develop symptoms (even if they tested negative before).
- Close contacts who **do not have symptoms** should be tested **between 5-7 days after exposure**.
 - It takes time for a test to become positive for COVID after exposure; this is known as the **incubation period**. If someone is tested too soon after exposure, the test could be falsely negative.
- If you test **negative**, you still need to remain in quarantine for 14 days since the date of last exposure

For COVID-19 Testing, call your healthcare provider or one of the testing options below:

For information re: COVID-19 testing sites available in Mecklenburg County, visit:

[Mecklenburg County COVID-19 Testing Site Locator](#)

Other resources include:

- Novant: 877-966-8268; <https://care.novanthealth.org/coronavirus/#screening>
- Atrium: 704-468-8888; <https://atriumhealth.org/about-us/coronavirus/mobile-unit>



Can I finish my quarantine early if I test negative for COVID-19 during the 14-day time frame?

NO – you still need to complete 14 days of quarantine. If you develop symptoms during the remainder of the 14-day time period, you should self-isolate and be tested again.

If I test POSITIVE for COVID-19, how long do I need to remain at home?

If you test positive for COVID-19 and/or develop symptoms of COVID-19, you need to remain home until the following criteria are met: s

- At least 10 days from the start of symptoms (or date of test if you don't have symptoms)
- AND
- 24 hours after your fever is completely gone
- AND
- Your symptoms are better.

If you leave your home, know your Ws!

Protect your family and neighbors, and continue to slow the spread!

When going out in public, make sure you wear a face mask or cloth face covering and practice strict social distancing.

Children under age 2 and anyone with breathing problems should not wear masks.

Children age 2-8 may use masks under adult supervision to ensure that the child can breathe and avoid choking or suffocation.



Who do I contact if I have more questions?

Questions from Close Contacts	Mecklenburg County Contact Tracing Hotline 980-314-9401
General Questions About COVID-19	Mecklenburg County COVID Hotline 980-314-9400, Option 3
COVID-19 Testing	Your primary care provider or Novant: 877-966-8268 Atrium: 704-468-8888
Assistance with Food, Medicaid, or Other Social Services	Mecklenburg County Department of Social Services 704-336-3000 or call 211
Domestic Violence Hotline	Safe Alliance 24/7 Crisis Line 980-771-4673
Mental Wellness Support	Hope4NC Helpline 855-587-3463
N.C. Department of Health and Human Services	https://covid19.ncdhhs.gov
CDC Frequently Asked Questions by Category	https://www.cdc.gov/coronavirus/2019-ncov/faq.html
Mecklenburg County Public Health	www.MeckHealth.org