

COVID-19 (CORONAVIRUS)

SELF-QUARANTINED GUIDELINES

You may have been exposed to COVID-19 through your travels or through direct contact with an ill person. Therefore, you are being asked to self-quarantine and monitor yourself for symptoms for up to 14 days.

WHAT IS SELF-QUARANTINE?

Self-quarantine means avoiding situations where you could infect other people. Quarantine is the term used when you may have been exposed to a communicable disease. When you are exposed to an illness, there is the time between exposure and when you start to feel sick. During this time there is a chance you can spread germs. People who are at high-risk of having been exposed to COVID-19 are asked to self-quarantine to lower the chance of spreading illness to others.

HOW DO I SELF-QUARANTINE?

Stay at home

- You should remain in your home, except for getting medical care
- Do not go to work, school, church, events, parties, stores, or any public areas
- Do not use ride-shares, taxis, or public transportation until you have been released from self-isolation
- Ask for help getting supplies as you will not be able to go to stores or pharmacies
- Ask friends or family to drop off groceries and

HOW DO I SELF-QUARANTINE?

Separate yourself from other people in your home

- Avoid situations where you may have close contact with other people living in your home
- Stay on your own in a well-ventilated room (windows opened regularly) with the door closed
- Use a separate bathroom/toilet, if available and clean bathroom/toilet after every use
- Do not share utensils, towels, bedding or other items with other people
- Wash utensils/dishes thoroughly after use with soap and water (dishwasher ok to use)

No visitors allowed

- Do not invite visitors, friends, or family to your home
- Do not make contact with people at the front door deliveries should be left at the door and the delivery person should leave before you open the door

COVID-19 (CORONAVIRUS)

Wash your hands often

- Wash your hands with soap and water for at least 20 seconds (preferred method for visibly dirty hands)
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, cover all surfaces of your hands then rub them together until dry
- Avoid touching your face (eyes, nose, mouth) with unwashed hands
- Wash your hands after sneezing/coughing; before and after preparing food; before eating; after toileting; and when your hands are visibly dirty

WHAT ELSE SHOULD I DO?

Practice common prevention measures

- Cover your mouth and nose when coughing and sneezing
– use a tissue not your hands
- Keep your surroundings clean. Clean surfaces that you share with others (doorknobs, bathroom surfaces) or that you sneeze and cough on with a standard household disinfectant such as Clorox Wipes.

Wear a facemask

- If you develop symptoms, you should wear a facemask when you are around other people or pets and before you enter a healthcare provider's office

Monitor for symptoms

- Contact your provider if you develop symptoms (fever, cough, shortness of breath)
- Seek prompt medical attention if you develop difficulty breathing
- Before seeking medical care:
 - Call your healthcare provider before going and tell them you are being evaluated for COVID-19
 - Put on a face-mask before entering the facility.
 - If you have a medical emergency requiring 911, notify the dispatch personnel that you have or are being evaluated for COVID-19 and put on a

Separate yourself from animals in your home

- Do not handle pets or other animals
- If you become sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. Have another household member care for your animals
- If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask
- See COVID-19 and Animals on the CDC website

DISCONTINUING HOME QUARANTINE?

Do not discontinue home quarantine until you have been told to do so by your provider or state/local health department