

How to Self-Quarantine for confirmed or suspected COVID-19

Stay home.

Take care of yourself. Get rest & stay hydrated. Do not leave home unless you're going out for food, medicines or other essentials.

If possible, have someone get these things for you, or utilize curbside pickups.



Wash your hands.

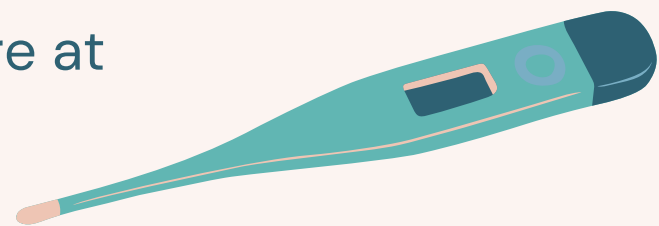
Wash your hands often with soap & water for at least 20 seconds.

OR
Clean your hands with an alcohol-based hand sanitizer.



Monitor your symptoms.

Check your temperature at least two times a day.



Stay in a specific room.

As much as possible, stay away from other people in your home. If you have to be around others, wear a cloth face covering.

If possible, have use a separate bathroom as well.



Protect others & yourself.

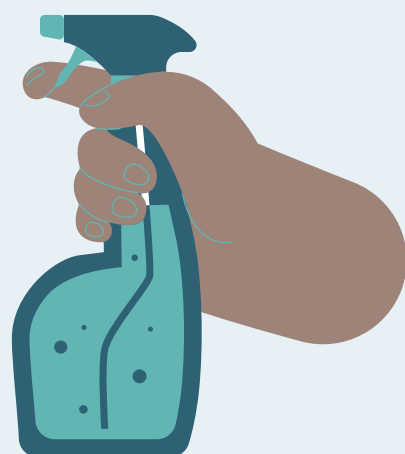
Cover your cough & sneezes. Avoid sharing personal items with others in your home, like dishes, towels & bedding.



Sanitize your home.

Clean all surfaces that are touched often, like counters, tables, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

Don't forget other commonly used items like mobile phones, remote controls and computer devices.



Call your doctor or hospital before visiting.

If you have a medical appointment, call your provider ahead of time & tell them you have/may have COVID-19.

In the event of an emergency, call 911 and notify the dispatch personnel that you have/may have COVID-19.

