

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



## Stay home.

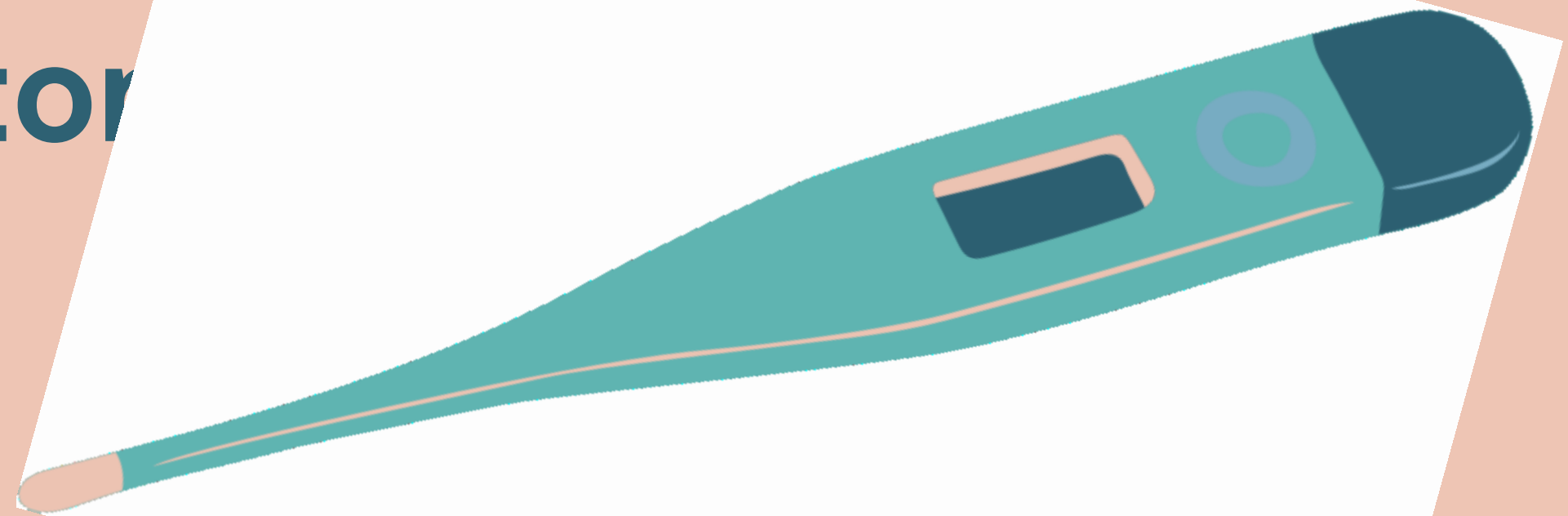
Take care of yourself. Get rest & stay hydrated. Do not leave home unless you're going out for food, medicines or other essentials.

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

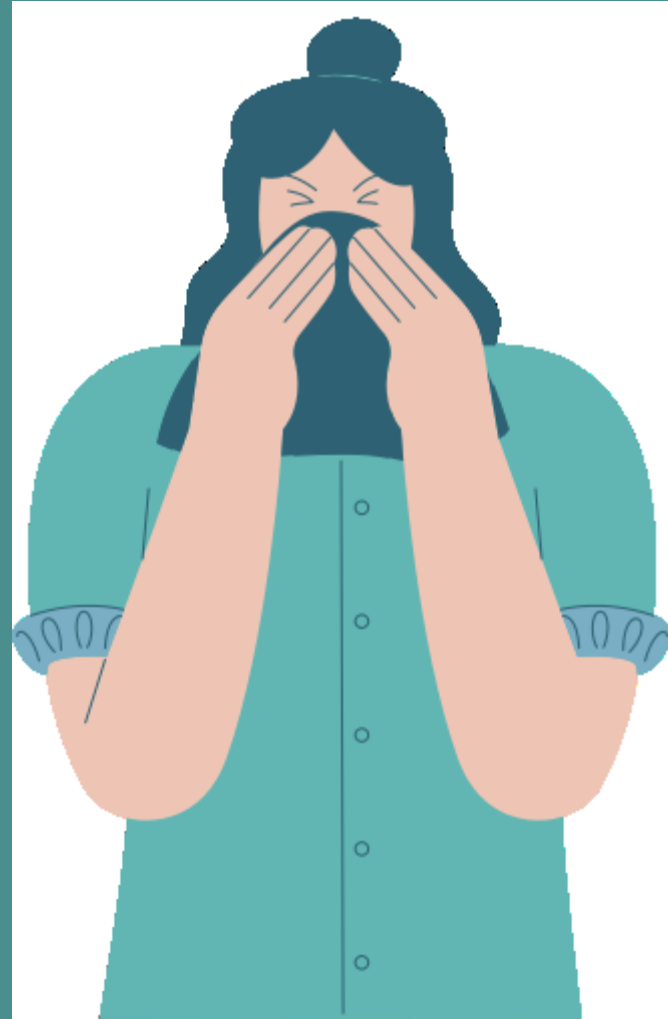
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## Monitor your symptoms

Check your temperature at least two times a day.



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## Protect yourself & others.

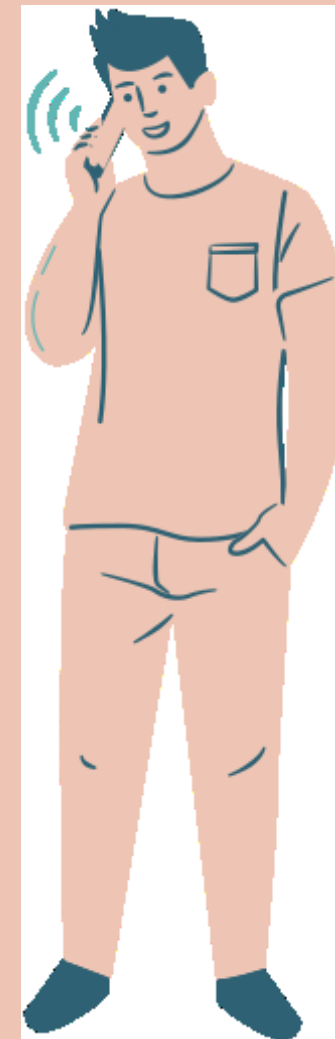
Cover your cough & sneezes. Avoid sharing personal items with others in your home, like dishes, towels & bedding.

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## 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.*

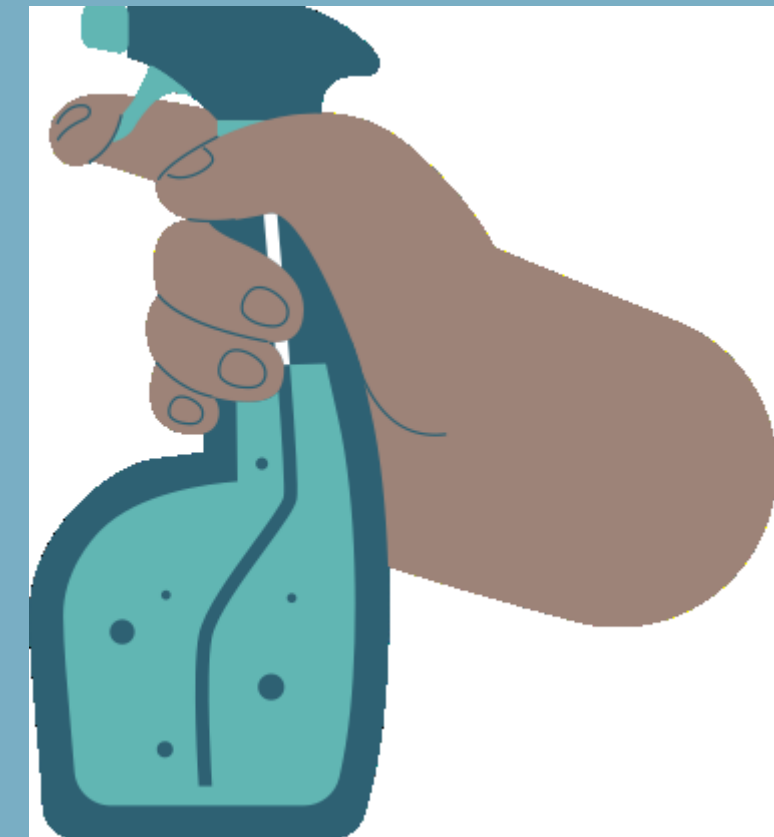


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## Sanitize your home.

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.*



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



## 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, use a separate bathroom as well.*

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

## 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.

