WHAT DOES SELF-QUARANTINE MEAN?

STAY HOME
Stay home from work, school, and away from other public places.

WASH YOUR HANDS OFTEN
Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

MONITOR YOUR SYMPTOMS
Monitor your symptoms each day. Symptoms include: fever, cough, and difficulty breathing.

CALL THE HEALTHCARE PROVIDER
If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19. If you must go out, avoid using any kind of public transportation, or ride share.

STAY AWAY FROM OTHER PEOPLE
As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in the home, wear a facemask.

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

NOTIFY THE DISPATCH PERSONNEL
For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

CLEAN ALL SURFACES
Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.

COVER YOUR COUGH AND SNEEZES.
Please go to www.cdc.gov/covid19-symptoms for information on COVID-19 symptoms.