WHAT DOES SELF-QUARANTINE MEAN?

STAY HOME

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

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.

NOTIFY THE DISPATCH PERSONNEL

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

COVER YOUR COUGH AND SNEEZES.

Please go to www.cdc.gov/covid19-symptoms for information on COVID-19 symptoms.

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 sanitize that contains at least 60% alcohol.

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.

CLEAN ALL SURFACES

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

COVID-19 Unified Command

A PARTNERSHIP

Panhandle Public Health District

Scotts Bluff County Health Department

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PANHANDLE PUBLIC HEALTH DISTRICT (308)262-5764 24/7

SCOTTS BLUFF COUNTY HEALTH DEPARTMENT (308)630-1580

TO SELF REPORT OR IF THERE ARE QUESTIONS PLEASE CALL BEFORE SEEKING MEDICAL CARE