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.

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

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

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