

Coronavirus Disease 2019 (COVID-19)

10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

- 1** Stay home from work, school and away from public places.



- 2** Monitor for symptoms and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



- 3** Get rest, stay hydrated and exercise if possible. If you are able to exercise, do so in your home or yard. Avoid locations where you may come into contact with others.



- 4** If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have been exposed to COVID-19.



- 5** For medical emergencies, call 911 and notify the dispatch personnel that you have been exposed to COVID-19.



- 6** Take everyday actions to prevent the spread of germs.
- Clean your hands often with soap and water for at least 20 seconds, or an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Cover your cough/sneeze.
 - Avoid touching your eyes, nose and mouth.



- 7** As much as possible, stay in a specific room and away from other people and pets in your home. Use a separate bathroom, if available.



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



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



- 10** Make the best of your time at home by teleworking if you're able or catching up on reading, exercising or other hobbies.

