

How to Self Quarantine

Stay home

Do not go to work, school, or public areas until cleared by a health care provider.

Separate yourself from other people and animals in your home

As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available. Limit visitors to essential only and stay away from elderly or immune compromised individuals completely. Pets may carry the virus on their fur.

Call ahead before visiting your doctor

Before seeking care call the healthcare facility and tell him or her that you have, or are being evaluated for Coronavirus

Wear a facemask

Wear a facemask when you are around other people (e.g. in a vehicle or the same room)

Cover your coughs and sneezes

Cover your mouth and nose when you cough or sneeze. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.

Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing household items and clean surfaces daily

You should not share dishes, towels, bedding, or other items with other people in your home. Wash and launder items regularly. Clean “high touch” surfaces, such as counters, doorknobs etc daily.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** going to your medical appointment, call the healthcare provider and inform them that you are being evaluated for coronavirus. This will help the healthcare provider’s office take steps to keep other people from getting infected.