



# Self-Quarantine Instructions

## **What should I do if I've been told to self-quarantine?**

The following instructions are provided to assist you to safely care for yourself or others who are infected or potentially infected with COVID-19.

### **Stay home except to get medical care**

You should restrict activities outside your home, except for getting medical care. Under no circumstance should you go to work, school, or public areas. Avoid using public transportation, ride sharing, or taxis.

### **Separate yourself from other people and animals in your home**

As much as possible, stay in a specific room away from other people in your home. Also, you should use a separate bathroom, if available.

### **Call ahead before visiting your doctor**

If you have a medical appointment, call the health care provider prior to your appointment and tell them that you have or may have COVID-19. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

### **Wear a face mask**

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets, and before you enter a health care provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

### **Cover your coughs and sneezes**

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can.

### **Clean 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 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

### **Clean all high-touch surfaces every day**

Clean all high-touch surfaces daily. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

### **Avoid sharing personal household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

### **How do I take care of someone who's quarantined in my home?**

Household members, intimate partners, and caregivers in a non-health care setting may have close contact (within 6 feet) with a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation. Those in close contact should monitor their health and should call their health care provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath).

Those in close contacts should also follow these recommendations:

- Make sure that you understand and can help the patient follow their health care provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions and other personal needs
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her health care provider
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available
- Prohibit visitors who do not have an essential need to be in the home
- Make sure that shared spaces in the home have good airflow, such as by an air conditioner or an opened window, weather permitting
- Avoid touching your eyes, nose, and mouth with unwashed hands
- You and the patient should wear a facemask if you are in the same room
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit or urine.
  - Do not reuse disposable facemasks and gloves. Throw them away after using them.
  - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly")
- Clean all high-touch surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them
- Wash laundry thoroughly
  - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them
  - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands immediately after removing and throwing away your gloves
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands immediately after handling these items.

### **What if I live with someone who's been told to self-quarantine?**

- If the person you live with is NOT exhibiting respiratory symptoms, you can go about your day-to-day business, and you do not need to be tested or monitored.
- If the person you live with is exhibiting respiratory symptoms, but has not yet tested positive for COVID-19:
  - Please make sure to stay home
  - Monitor your symptoms closely, and seek medical attention if your symptoms are worsening
  - Avoid public areas and public transportation
  - Wear a facemask if you are sick
  - Cover your coughs and sneezes with a tissue, dispose of the tissue and immediately wash your hands
  - Wash your hands often for at least 20 seconds, and if soap and water are not available, use hand sanitizer
  - Avoid touching your eyes, nose or mouth
  - Avoid sharing personal household items
  - Clean "high-touch" surfaces daily
- If the person you live with has tested positive for COVID-19, you will be considered a close contact, and will also likely be asked to self-quarantine.