

COVID-19 Quarantine Guidelines



Quarantine is used to keep someone **who might have been exposed to COVID-19** away from others. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

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



Stay home until 14 days after your last contact.



Limit exposure to others. Have essentials like meals and groceries delivered and left at your door. If doctor appointments are necessary, consider virtual visits or limit exposure outside of the home.



Stay away from anyone who is at a higher-risk for getting very sick from COVID-19. Avoid contact with household members as much as possible.



Check your temperature twice a day and watch for symptoms. If you develop symptoms or a fever, contact your healthcare provider immediately.

Additional Tips:



- Take everyday actions to prevent the spread of germs.
 - Wash your hands often.
 - Cover your cough/sneeze.
 - Avoid touching your eyes, nose and mouth.



- Clean all surfaces that are touched often, like counters, tabletops and doorknobs.



- Get rest, stay hydrated and exercise (indoors or away from others) if possible.