




# 10 Tips for At-Home Quarantine


*Quarantine keeps someone who might have been exposed to the virus away from others.*

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


**1** **Stay home** from work, school, and public places for 10 days after last close contact with person who has COVID-19.



**2** **Monitor for symptoms for 14 days.** If you develop symptoms or a fever, contact your healthcare provider immediately.



**3** **Get rest, stay hydrated, and exercise** if possible. Avoid locations where you may come into contact with others.



**4** **Call your healthcare provider prior** to medical visits and inform them of your exposure to COVID-19.




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

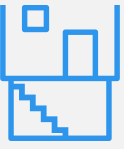


**6** **Take everyday actions to prevent the spread of germs:**


- 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** **Stay in a specific room and away from other people in your home** as much as possible. A separate bathroom is also recommended.




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



**9** **Clean all frequently touched surfaces,** like counters, tabletops and doorknobs.



**10** **Make the best of your time at home** by working remotely, reading, or other hobbies.



**For more information, please visit us at:**

<https://www.putnamcountyny.com/health/coronavirus/>

*Adapted from the Centers for Disease Control and Prevention (CDC) website and the Massachusetts Department of Public Health (MDPH)*