

GUIDANCE FOR COVID-19 SELF-QUARANTINE

If you have traveled to a country with widespread COVID-19 activity or spent time in close contact with someone diagnosed with COVID-19, you should self-quarantine for 14 days from the last day of possible exposure. Stay in your home and have contact with as few people as possible. You should not leave your home unless there is a medical emergency (dial 9-1-1) or you develop symptoms of COVID-19.

Contact with other people should be strictly limited. Therefore, you may need assistance with necessities.



Other household members should be isolated from you, and can continue with their daily tasks and provide necessities for you while keeping their general distance. If your whole household is quarantined, friends or relatives can assist with necessities and leave them at the door.



If possible, isolate yourself in a separate part of your home from other family members, such as in a separate bedroom and bathroom. Any areas of your home where co-mingling may occur should be disinfected frequently.



If delivery of food and other necessities is available, this service can be utilized during your quarantine period.

If you have been exposed to a person with COVID-19, it may take up to 14 days to know if you will get sick. It is important to check your temperature two times each day for the self-quarantine period of 14 days. Follow the steps below to check and record your symptoms.

STEP 1

Do health checks every morning and every night:



Take your temperature and/or that of family members who traveled with you and cannot do so themselves.



In addition to fever, be alert for any other symptoms of COVID-19, including cough or difficulty breathing.



Write your temperature and any symptoms down.

Before You Take Your Temperature:

Wait **30 minutes** after eating, drinking, or exercising.



Wait at least **6 hours** after taking medicines that can lower your temperature, like: Ibuprofen, Aspirin and Acetaminophen, also called paracetamol.



How To Take Your Temperature:



1. Turn the thermometer on by pressing the button near the screen.



2. Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer.



3. Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever.



4. Keep a temperature and symptom log for 14 days.



5. Clean your thermometer with soap and water and dry it well.

PLEASE NOTE

For infants and children younger than 4 years old, use an age-appropriate thermometer such as an ear thermometer. If you do not have one, use a regular thermometer by placing it under the child's arm in the center of the armpit. For the armpit method, if the child's temperature is 99.4°F/37.4°C or higher, they have a fever.

STEP 2

If you have a fever (fever is 100.4°F/38°C or higher), cough, or trouble breathing within 14 days of your last day of possible exposure:



Do not go out in public.



Do not travel while sick.



Avoid contact with others.



Wash your hands with soap and water immediately after coughing, sneezing, or blowing your nose. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.



Seek medical care: call ahead before you go to a doctor's office or emergency room. Tell them about your potential exposure (travel or diagnosed person), and your symptoms.



Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.



Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.