WHO NEEDS TO QUARANTINE?

If you have been in close contact with someone who has tested positive for COVID-19, including being within 6 ft for a total of 15 minutes, you should quarantine. If you are experiencing any symptoms of COVID-19, quarantine and contact your county health department or health care provider for advice on testing.

HOW TO QUARANTINE

1. Stay home and eliminate direct contact with others for 10-14 days, depending on guidelines set by your local public health department.

2. If you live with others, isolate in an area or room to eliminate contact with household members including pets. If this is not possible, wear a mask in the presence of others and keep contact to a minimum. Make sure communal areas such as bathrooms and kitchens are properly sanitized between use.

3. Reach out to ask family or friends to deliver your groceries. Within the household, have food and meals delivered outside your door or designated area by household members.

4. Continue to monitor for symptoms and/or worsening symptoms. If you experience difficulty breathing, contact your health care provider and don’t hesitate to reach out for emergency medical care if necessary.

STEPS TO TAKE

1. Stay home and away from others (except to get medical care).

2. Contact your local public health department for recommendations and advice on testing.

3. Monitor your health and watch for symptoms (fever or chills, cough, shortness of breath, fatigue, body aches, headache, loss of taste or smell, etc.)