How to Safely Quarantine

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.*

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.)*

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.**

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