

# COVID-19

## SELF-QUARANTINE

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If you tested positive for COVID-19 or if you suspect exposure to it, follow these steps from the Centers for Disease Control and Prevention (CDC) to help prevent the disease from spreading to people in your home and community.

**Stay at home except to get medical treatment.**

**Limit contact from other people and animals in your home.**

*While there is no evidence animals can get COVID-19 it is best to avoid contact with them.*

**Call ahead before visiting your physician's office.**

*This will help your doctor's office take steps to protect other people from being infected or exposed.*

**Wear a facemask if you have to be around family members or other people.**

**Always cover your coughs and sneezes.**

*Throw the tissue away immediately in a trash can that has a trash bag in it. Wash your hands for 20 seconds with soap and water or clean with an alcohol based hand sanitizer.*

**Do not share personal items. Wash thoroughly with soap and water after useage.**

- » Dishes
- » Drinking glasses
- » Cups
- » Eating utensils
- » Towels
- » Bedding

**Wash your hands often with soap and water or hand sanitizer.**

**Clean all "high touch" surfaces daily.**

- » Counters
- » Tabletops
- » Doorknobs
- » Bathroom fixtures
- » Toilets
- » Phones
- » Keyboards
- » Tablets
- » Bedside tables
- » Any surface with blood or body fluids or stool on them

**Monitor your symptoms and call your medical provider if they worsen.**

**When to discontinue home isolation?**

*This should be made in consultation with your healthcare provider on a case by case basis.*

