HOW DO I ...

Self-Quarantine
- Stay home for 14 days.
- Avoid contact with other people.
- Don’t share household items.

Self-Monitor
- Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever (100.4°F/38°C).
- Don’t seek medical treatment without calling first!

Practice Physical Distancing
- Stay home as much as possible.
- Don’t physically get close to people.
- Try to stay 6 feet away.
- Don’t hug or shake hands.
- Avoid groups of people.

CLOSE CONTACT
- Spending prolonged periods in same room
- Direct physical contact - kissing, hugging
- Shared eating or drinking utensils
- Contact with respiratory secretions (cough, sneeze on you)

WHAT IF I HAVE SYMPTOMS? Call your health care provider.