

What is Quarantine?

Quarantine is for people who are not sick and don't have any symptoms of COVID-19, but who may have been exposed to it. You may be asked to quarantine for 14 days if you have been exposed to the virus. If someone in your house tests positive you should quarantine.

A quarantine keeps you away from others so you don't infect someone else.

As much as possible, you should stay home and not go near other people. Ask someone else to go to the store for you to get groceries or supplies. If that is not possible, try to go to the store only when you have to. Pick a time when there are less people at the store.



Try to stay at least 6 feet away from other people.



When to quarantine:

You should quarantine for 14 days if you have been exposed to the virus.

What you should do on quarantine:

- Stay in your house for 14 days.
- Limit the number of visitors to your home.
- Leave your house only if you have to or to get medical care.
- Try to stay at least 6 feet away from other people.
- Clean surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).



What is Quarantine?



If you get sick while on quarantine:

If you get a fever, cough, or have trouble breathing, call a doctor. Do not go to the doctor's office unless you have called first.

When can you stop being on quarantine?

You can stop being on quarantine after 14 days if you do not get sick or have any symptoms of COVID-19.



Who needs to be tested for COVID-19?

Not everyone who may have been around someone with COVID-19 needs to be tested. If you have symptoms such as fever, cough, or shortness of breath, you should call a doctor. A doctor will tell you if you need to be tested.

Wash your hands with soap and water for 20 seconds.

- After you cough or sneeze.
- After touching surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).
- Before cooking food, eating, and after going to the bathroom.

