

COVID-19 DOs & DON'Ts of Quarantine



If you or a close personal contact has been diagnosed with COVID-19, we want to help you understand the "Dos & Don'ts" of being quarantined or needing to be in isolation. Review the information below to ensure you are following the recommended guidelines during the ongoing COVID-19 pandemic.

DO

- **STAY HOME & WASH YOUR HANDS!**
- Work & attend school from home.
- Isolate yourself in part of your home away from others, with your own bathroom, if possible.
- Disinfect the high touch surfaces in your home frequently.
- Get your groceries delivered to your home.
- Stay in contact with your friends and family, remotely. It is important to stay positive and connected.
- Monitor your symptoms.
- Stay home and away from others for 14 days if you have had close contact with someone who tested positive.
- Stay busy by: reading, coloring, drawing, playing music, or catching up on your favorite shows!
- Continue to lightly exercise.



DON'T

- **LEAVE YOUR HOME**
- Go to events such as sports, weddings or any sort of get together with friends and/or family.
- Invite people over.
- Leave the house before you have quarantined/isolated for a minimum of 10 days from your onset symptoms, AND have shown improvement of your symptoms. In addition, you must be fever free for at least 24 hours, without fever-reducing medication.
- Spend all your time online or watching TV.
- Don't watch too much news! Try for 15-30 minutes a day, only.
- Intense exercise, even if you were doing this prior to being diagnosed with COVID-19.

