

Coronavirus Disease 2019 (COVID-19) Self-Quarantine Guide

Follow these guidelines for self-quarantine for 14 days from your last potential exposure to someone with COVID-19 or your own recent travel from one of the high risk regions.

1. Take your temperature with a thermometer at least two times a day and watch for cough or difficulty breathing.
2. Stay home from school and work.
3. Employees: Discuss your work situation with your employer before returning to work.
4. Do not take public transportation, taxis, or ride-shares.
Call 911 if emergent otherwise call us and we will arrange transport.
5. Try not to have any visitors during this time. If you have visitors tell them that you are under COVID-19 self-quarantine.
6. Keep your distance from others (about 6 feet or 2 meters).
7. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call us and we will help coordinate.



How to self-monitor:

Step 1 Do health checks every morning and every night or anytime you feel like you might have a fever:

- Take your temperature and/or that of family members who are being monitored and cannot do so themselves.
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or shortness of breath.
- Write your temperature and any symptoms in the log.
- Family members who are not being monitored, do not need to record symptoms.



Step 3 If you have fever, cough, or shortness of breath:

1. Do not go out in public.
2. Seek medical advice – call ahead before you go to a doctor's office or emergency room. Tell them you are under COVID-19 quarantine and about your symptoms.
3. Avoid contact with others.
4. Reminder: do not take public transportation, taxis, or ride-shares.
5. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
6. Wash hands often with soap and water for at least 20 seconds or alcohol based hand sanitizer to avoid spreading the virus to others.

Self-monitoring Template:

Write your symptoms and temperature in the space below every day for 14 days:

DAY	DATE	SYMPTOMS	TEMP
DAY 0		Day 0 is the day of your last potential exposure	
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			
DAY 8			
DAY 9			
DAY 10			
DAY 11			
DAY 12			
DAY 13			
DAY 14			