

SELF-QUARANTINE

DO



Stay home, avoid public areas and public transportation



Isolate yourself from others in your home



Use a separate bathroom, if possible



Call ahead before visiting a doctor



Wash your hands often



Wear a face mask around other people and pets



Cover coughs and sneezes



Complete symptom monitoring daily

DO NOT



Share space with housemates, if possible



Let in any non-essential visitors



Share dishes, utensils, cups, towels, or bedding



Go to doctor without calling ahead



Discontinue self-quarantine until instructed



Have contact with pets and other animals, if possible