

# COVID-19 GUIDANCE FOR SELF HOME QUARANTINE

Your physician has recommended that you should self-quarantine for 14 days to protect your family and community.

If you have had close contact with a person who tested positive for COVID-19 or traveled from New York state or any international location within the last 14 days, your medical provider will recommend that you home quarantine. **You must remain home for 14 days after you had last contact with that the person who tested positive or left that country to prevent the spread of the virus.**

Self-home quarantine means:

- Remain at home and avoid all public activities. This means **do not** go to work, church, school, stores (including grocery stores), nor any public events or places.
- **Do not** have visitors in your home.
- If you live in a home with other people, stay in a separate room. If that is not possible, wear a face mask when you are in the same room and stay at least 6 feet away from them (i.e. practice social distancing even in your home).
- Wash your hands and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, cups, forks, spoons, towels, etc.
- **Do not** leave your home except to get urgent or emergency medical care. If you need to see a doctor for reasons other than a medical emergency, please call your medical provider ahead of time to make proper arrangements.
- In the event of a medical emergency, call 911. Tell them that you are in home quarantine due to possible novel coronavirus exposure. Keep a face mask on until a health care provider asks you to remove it. If you do not have a mask, use a kerchief or other similar device to cover your nose and mouth.
- **Do not** use any public transportation (buses, taxis, ride share services, or airplane).
- Check yourself for fever twice a day. This means taking your temperature in the morning and before bed at night. Write it down on the table found on the next page of this letter. Your doctor will need this information to determine when you are able to resume normal activities or if you need additional care.

If you begin to have symptoms such as fever, cough, or trouble breathing, or if you otherwise feel sick, contact your health care provider.

Signature of Patient \_\_\_\_\_

