

SELF-QUARANTINE CHECKLIST



Exposure to someone with COVID-19, but asymptomatic

You have been in close contact with someone who has Coronavirus (COVID-19) and even though you feel well now, it is possible that you are also infected. If you have been infected, it could be up to 14 days before you develop symptoms. Even without symptoms, you can spread COVID-19. Some people never develop symptoms but can still spread COVID to others.

You have been asked to home-quarantine in case you are infected so that you don't pass on the infection to anyone else.

Keep your distance. Stay in your bedroom (or other isolated room) and avoid being in the same room as other members of your household. If possible, use a different bathroom from the other members of your household.

Wear a face mask when around others and stay at least 6 feet away

Have someone else in the home prepare meals and leave them outside your bedroom door

Don't share bedding, towels, dishes, or water bottles with others. If something is shared, wash it with soap and water before each use .

Do not leave your home (unless necessary for medical care). Ask family, friends, or community groups to help with needs by leaving supplies outside your door. Use grocery delivery services or ask friends/family for help.

Wipe down high touch areas every day with a disinfectant. This includes doorknobs, light switches, phones, remote controls, appliances, sinks, toilets, countertops, etc.

Limit contact with pets. If you do interact with pets, wear a face mask, and wash your hands before and after.

Discontinuing Self-Quarantine

You may discontinue quarantine when ALL of the following conditions are met:

You have not developed any symptoms

It has been 14 days since your last contact with anyone who has COVID-19