

HOME-QUARANTINE CHECKLIST

Household members of a COVID-19 positive individual.



Your family member has tested positive for Coronavirus (COVID-19). The following recommendations are intended to help prevent the spread of COVID within your household, and to the community.

Your family has been asked to self-quarantine to minimize the chance of catching COVID, and to prevent passing COVID to anyone else.

Keep your distance from the COVID positive individual. Stay in separate rooms, sleep in separate beds and use a separate bathroom from the COVID positive individual, as much as possible.

Wear a face mask when around others and stay at least 6 feet away. Try to maintain distance from all family members as much as possible.

Prepare meals for the COVID positive individual but eat separately.

Don't share bedding, towels, dishes, or water bottles with any family members. If something is shared, wash it with soap and water before each use by a separate person.

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 Home-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.