

SELF-QUARANTINE CHECKLIST



Positive COVID-19 test, but asymptomatic.

You have tested positive for Coronavirus (COVID-19). Even though you feel well now, it can take 2-14 days to show symptoms, and you may never develop symptoms. But because you have tested positive, you are in danger of spreading COVID to others.

You have been asked to self-quarantine to minimize the chance of passing COVID to anyone else.

Keep your distance. Stay in your bedroom (or other isolated room) and use a separate bathroom from the one used by other members of your household, if possible.

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 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 Self-Quarantine

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

You have not developed any symptoms

It has been 10 days since you were tested. (date of test, not the date of the result)