

# SELF-QUARANTINE CHECKLIST

Positive COVID-19 test, and symptomatic.



You have tested positive for Coronavirus (COVID-19) and you are experiencing symptoms. It is critical that you isolate to prevent 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:

**Fever and symptom free (without the help of medication) for a full 72 hours.**

**It has been at least 10 days since your symptoms started.**