

What is Quarantine?

Quarantine is for people who are not sick and don't have any symptoms of COVID-19, but who may have been exposed to it. You may be asked to quarantine for 14 days if you have been exposed to the virus. If someone in your house tests positive you should quarantine.

A quarantine keeps you away from others so you don't infect someone else.

Stay at home during your whole quarantine period. Ask someone else to do your grocery shopping for you and drop it off at your doorstep, it is safe for family, friends and delivery specialists to leave food and supplies at the door for you. Call your local market and see if they deliver.



STAY AT HOME and have someone else do your grocery shopping



When to quarantine:

You should quarantine for 14 days if you have been exposed to the virus.

What you should do on quarantine:

- Stay in your house for 14 days.
- No home visitors during your quarantine
- Rest and enjoy family and friends via electronics
- Clean surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).



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If you get sick while on quarantine:

If you get a fever, cough, difficulty breathing, muscle aches or pains, headache, new onset of decreased sense of smell or taste, chills, repeated shaking with chills or ANY flu-like symptoms you should call a doctor. Do not go to the doctor's office unless you have called first.

When can you stop being on quarantine?

You can stop being on quarantine after 14 days if you do not get sick or have any symptoms of COVID-19.



Who needs to be tested for COVID-19?

Not everyone who may have been around someone with COVID-19 needs to be tested. If you have symptoms such as fever, cough, or shortness of breath, headache, chills, new onset of decreased taste or smell you should call a doctor. A doctor will tell you if you need to be tested.

Wash your hands with soap and water for 20 seconds.

- After you cough or sneeze.
- After touching surfaces that are touched often (phones, doorknobs, light switches, toilet handles, sink handles, countertops, and anything metal).
- Before cooking food, eating, and after going to the bathroom.

