

## What to do While in Quarantine

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4), cough, shortness of breath or other symptoms of COVID-19
- Stay away from people you live with as much as possible, especially those who are at higher risk for getting very sick from COVID-19 (older people or those with comorbidities or weakened immune systems).
- After quarantine continue to monitor for symptoms.
- Learn about your most recent local and state quarantine recommendations.
- CDC recommends ending quarantine if you have tested negative for COVID-19 after five days of quarantine after the seventh day. If you test positive for COVID-19 remain in quarantine.
- Monitor your symptoms and if you have emergency warning signs (trouble breathing) seek emergency medical care immediately.
- Stay in a separate room from other household members if possible.
- Use a separate bathroom.
- Avoid contact with other members of the household and pets.
- Don't share personal household items like cups, towels and utensils.
- Wear a mask when around other people.