

Critical Actions to Stop the Spread

During your quarantine period, follow these recommendations to protect your household from the spread of COVID-19.



Because someone in your household has COVID-19 and you may have been exposed, you should **stay in your home** until the quarantine period ends.



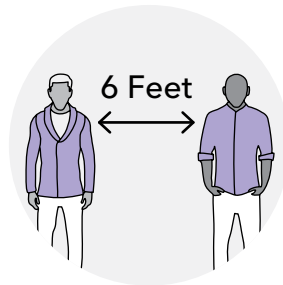
Wash your hands often with soap and water, or use hand sanitizer.



Avoid touching your eyes, nose, and mouth with unwashed hands.



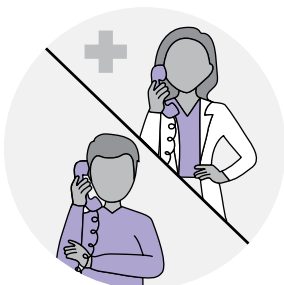
All household members should wear a mask when they are within 6 feet of one another and if they leave home.



Put at least 6 feet of distance between yourself and other people.



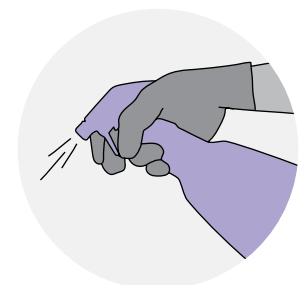
Watch for symptoms and speak to your doctor if you develop fever, cough, shortness of breath, pain or pressure in your chest, or loss of taste and smell.



If you need medical attention, call ahead and tell them you are in a household with COVID-19.



Try to do essential errands, like banking or groceries, online or with the help of a trusted neighbor.



Clean and disinfect frequently touched surfaces daily.