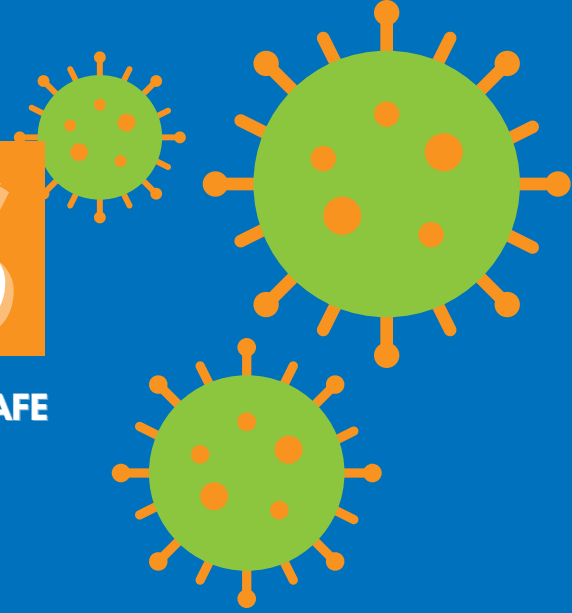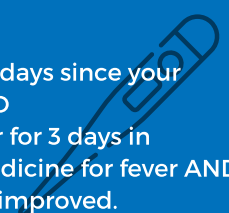# 10 WAYS

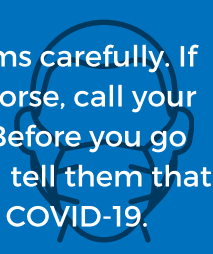## TO QUARANTINE AT HOME AND KEEP YOUR FAMILY SAFE

1 Stay home until:
- It has been at least 14 days since your symptoms began AND
- You have had no fever for 3 days in
- a row without any medicine for fever AND
- Your symptoms have improved.

2 Follow your doctor's recommendations. Get rest and drink a lot of fluids such as water, soups and caffeine-free drinks like herbal teas.

3 Monitor your symptoms carefully. If your symptoms get worse, call your doctor immediately. Before you go to the doctor, call and tell them that you have or may have COVID-19.

4 When you cough or sneeze, cover your mouth with a tissue and throw it away or sneeze and cough in your elbow.

5 For emergencies, call 911. Tell them that you have or may have COVID-19.

6 Wash your hands often with soap and water for at least 20 seconds.

7 As much as possible, stay away from other people, stay in a separate room and use a separate bathroom. Wear a mask when you are near others.

8 Ask for help as much as possible so you don't have to touch anything outside of the room where you are quarantined.

9 Avoid sharing any household items, including food, electronic devices, chargers, etc.
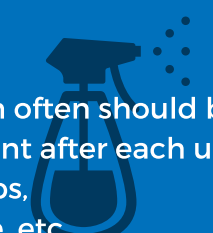
10 Surfaces that you touch often should be cleaned with disinfectant after each use. This includes door knobs, fridge/microwave/stove, etc.

Questions? Contact ProsperityME at:
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