

Self-quarantine tips if you're sick with COVID-19

DO



Stay home, avoid public areas and mass transit.



Isolate yourself from others in your home.



Use a separate bathroom, if possible.



Call ahead before visiting the doctor.



Wash your hands often.



Wear a face mask around other people and pets.



Cover coughs and sneezes.

DON'T



Go outside for any reason.



Let in any non-essential visitors.



Have contact with pets and other animals, if possible.



Share space with housemates, if possible.



Share dishes, utensils, cups, towels or bedding.



Go to the doctor without calling ahead.



Discontinue home isolation until instructed.