

Coronavirus Disease 2019 (COVID-19) Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

Stay home from work, school and away from public places.



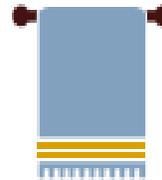
As much as possible, **stay in a specific room and away from other people** and pets in your home. Use a separate bathroom, if available.



Monitor for symptoms and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



Avoid sharing personal items with other people in your household, such as dishes, towels and bedding.



If you have a medical appointment, **call the healthcare provider** ahead of time and tell them you have been exposed to COVID-19.



Clean all surfaces that are touched often, such as counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Take everyday actions to prevent the spread of germs.

- *Clean your hands often with soap and water for at least 20 seconds.
- *Use an alcohol-based hand sanitizer that contains at least 60% alcohol when handwashing isn't available.
- *Cover your cough/sneeze.
- *Avoid touching your eyes, nose and mouth.
- *Practice social distancing. (6 feet away from others)



Make the best of your time at home by completing your virtual schoolwork assignments, if you're able.



Signs and Symptoms:

- Fever (100.4°F)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea / Vomiting
- Diarrhea

For More Information, visit:

www.LCDHD.org

kycovid19.ky.gov/

cdc.gov

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.