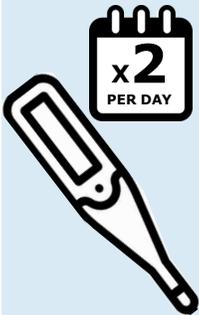


Staying home to quarantine keeps people that have been exposed to COVID-19 away from others to see if they become sick. If you are staying home or self-monitoring because you were in contact with someone infected with COVID-19, you may be interested in learning from others' experiences. Here are some tips for making the best of your time at home.

**Take your temperature twice a day and look for other signs of sickness.**

If you have a fever of 100.4° F or more, a cough, find it hard to breathe, or have other signs of being sick, talk to a doctor right away.

**Take everyday actions to prevent the spread of viruses.**

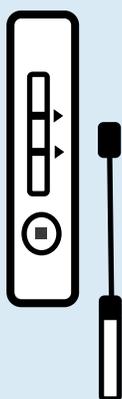
Clean hands often, with soap and water for at least 20 seconds, or use hand sanitizer that contains at least 60 percent alcohol. Cover your coughs and sneezes, and avoid touching your face.

**Get rest, stay hydrated and exercise away from others and in your own home or yard.**

If you are able to exercise, avoid areas where you may come into contact with anyone else.

**As much as you are able, stay in a specific room and away from other people and pets that live in your home.**

Prioritize staying away from people who are at higher risk of getting very sick from COVID. Use a separate bathroom, if available, and avoid sharing personal items with others in your household. If your test results are positive, stay at home, away from all others for 5 days, and wear a mask around others on days 6-10. Household members may need to quarantine when living with someone who is sick with COVID.

AND**Follow standard testing time frames following your last contact with anyone infected with COVID-19, even if you were wearing a mask or are vaccinated.**

If you have in-person medical appointments, call ahead to let them know that you have been exposed to COVID-19.

**Clean all surfaces that are touched often.**

Use household cleaning sprays or wipes according to the label instructions. Clean often common areas like counters, tabletops, and doorknobs. Items like dishes, towels, and bedding will need to be cleaned before others use them.

**Call 911 if you have a medical emergency.**

Tell the person on the phone that you have been exposed to COVID-19.