

What does **Self-Quarantine** mean?

Self-quarantine is recommended for close contacts of a known COVID-19 case, after recent travel to a place with a lot of COVID-19 infections, or in preparation for travel to visit vulnerable populations such as elderly family members.

If your doctor or someone from DPHN tells you that you need to **SELF-QUARANTINE**, this is what you should do:



Stay home.

Except to get medical care. **Call your doctor or hospital ahead of time so they can prepare for your arrival.**



Check your temperature.

And your oxygen levels if you have a pulse oximeter at least twice a day.



Watch for other symptoms.

Aside from fever, COVID-19 symptoms include cough, difficulty breathing, headache, runny nose, diarrhea, nausea, loss of smell or taste, muscle aches, and/or fatigue.



Wear a face covering.

When you are around others, like household members, or when you enter a healthcare provider's office.



Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol-based hand sanitizer.



Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others. If possible, have a designated toilet and bathroom as well.



Get tested.

If you have symptoms and it's been 7 days or more since exposure. A negative test does not end your quarantine. If you need a safe to return to work letter contact DPHN.

When is it okay to end self-quarantine?

- 14 days have passed since your most recent exposure; **AND**
- You've had no development of respiratory illness symptoms (cough, shortness of breath, fever, sore throat, and fatigue).



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