



Coronavirus Disease 2019

COVID-19

HOW TO QUARANTINE

These instructions are for people who have been told to quarantine, or who are voluntarily quarantining because they have a household member or close contact that has tested positive for COVID-19 or is exhibiting symptoms such as fever, cough and shortness of breath.

Quarantine

- Separates people and restricts their movement if they were exposed to a contagious disease to see if they become sick.
- Is for people who are not sick, but who may have been exposed to someone (in close contact with someone) who is sick.
- Can be voluntary, but Colorado has legal authority to issue quarantine orders to people who were exposed to a contagious disease.

How long does it last?

- Stay at home or stay put in your same location for **14 days** so you don't spread the disease to healthy people.

What else should I do?

Stay home, or in your same location, except to get medical care.

- If you have a medical appointment, call ahead and let them know you are under quarantine (either by order or self-imposed) for COVID-19, so the office can take steps to protect other people. Otherwise:
 - Restrict activities outside your home.
 - Do not go to work, school, or public areas.
 - Avoid using public transportation, rideshares, or taxis.
- If you get sick and your illness is mild, you may be able to isolate and recover at home without seeing a medical provider. If your symptoms worsen or if you are in a higher risk group because you

alcohol. When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Soap and water is preferred if hands are visibly dirty.

- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Cover your coughs and sneezes**
 - Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away. If a tissue is not available, use your inner elbow or sleeve.
 - Immediately clean your hands (see above).
- **Avoid sharing personal household items**
 - Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
 - After using these items, they should be washed thoroughly with soap and water.
- **Clean surfaces every day**
 - Clean "high touch" surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - Clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.

If you need to seek medical care, first CALL a provider or clinic first to get instructions BEFORE going to a health care office, hospital, or urgent care.

If you have a medical emergency, call 911 and tell the dispatcher you are quarantining for COVID-19.
