Stay Home – Stay Safe! Coronavirus Disease 2019 (COVID-19) How to Self-quarantine and Self-isolate

If you are not sick but are:

- a close contact to someone diagnosed with COVID-19, or
- recently returned from any travel outside Massachusetts, please take these steps to help stop the spread of COVID-19.

Self-quarantine: Separate yourself from others in case you get sick

- 1. Stay at home and use a separate bedroom and bathroom if possible.
- 2. Do your best to stay at least 6 feet away from other people in the house.
- 3. Do **not** leave your house to go to school, work or run errands.
- 4. Do **not** have any visitors to your house during this time.
- 5. Wash your hands frequently with soap and water for at least 20 seconds.
- 6. Do not share eating or drinking utensils with anybody.
- 7. Monitor your health every day.
- 8. If you need to seek routine medical care call ahead to your doctor and tell them you are under COVID-19 quarantine.
- 9. Do not take public transportation, taxis, or ride-shares to get to your appointment.

Monitor your health every day:

- Do health checks every morning and every night or anytime you feel like you might have a fever
- Take your temperature
- Be alert for any symptoms of COVID-19, including fever, cough or shortness of breath.

If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for COVID-19.

How to determine your last day of exposure:

Your last day of exposure is:

- The last time you were within 6 ft of someone confirmed to have COVID-19, or
- The day you arrived home after travel

If you do not show signs of COVID-19 for 14 days after the last time you were exposed, your self-quarantine period is finished.

If you:

- get sick during self-quarantine, or
- are sick and a healthcare provider tests you for COVID-19, or
- are told by a healthcare provider that you have COVID-19,

take these steps to help stop the spread of COVID-19.

Self-isolation: Separate yourself from others to keep your germs from spreading

- 1. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call your healthcare provider and tell them if you have been exposed to COVID-19.
- 2. If you need see your healthcare provider, do **not** take public transportation, taxis, or rideshares to get to your appointment.
- 3. Stay at home and use a separate bedroom and bathroom if possible.
- 4. Stay at least 6 feet away from other people in the house.
- 5. Do **not** leave your house to go to school, work or run errands.
- 6. Do **not** have any visitors to your house during this time.
- 7. Wash your hands frequently with soap and water for at least 20 seconds.
- 8. Do not share eating or drinking utensils with anybody.
- 9. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- 10. Clean surfaces that you touch every day with a household disinfectant.
- 11. Make a list of everyone you have been close to (within 6 feet of for at least 15 minutes), since you first got sick. Those people have been exposed to COVID-19 and should be asked to self-quarantine.

If you have a medical emergency, call 911. Tell them your symptoms and that you have, or may have, COVID-19.

How long do you need to isolate?

For most people who have relatively mild illness, you will need to stay in self-isolation for at least 7 days. You can resume public activities once you have:

- gone for three days without a fever (and without taking fever-reducing medications like Tylenol), and
- experienced improvement in your other symptoms (for example, your cough has gotten much better).

More information about how to self-isolate is available on the CDC website

If you have questions about isolation or quarantine, you can call your Local Board of Health or the Department of Public Health's On-call Epidemiologists at 617-983-6800.