

# How to self-quarantine with COVID-19

**If**

you develop the new coronavirus disease (COVID-19) or have been exposed to the virus, you may be asked to self-isolate (if you're sick) or self-quarantine (if you might be sick). But what does that mean?

In some people, COVID-19 is mild enough that you can safely recover at home. But you need to protect other people at the same time. If your doctor or local health department asks you to self-isolate or self-quarantine, here's what the Centers for Disease Control and Prevention says to do:



**Don't leave home except to get medical care.** Staying home means no activities at work, school or any other public places. Don't use taxis, ride-sharing or public transportation either. If you do need medical care, call ahead for instructions. If it's an emergency, call 911.



**Keep away from people and pets at home.** You need to keep a safe distance (at least 6 feet) from others. If you can, restrict yourself to a sick room and try to use a separate bathroom from others. Avoid handling your pets, and let another family member take care of their needs at this time, if possible.



**Cover your coughs.** When you need to cough or sneeze, cover your mouth and nose with a tissue and throw it in the trash. Then wash your hands right away.



**Use a face mask.** You should wear a face mask whenever you can't avoid being around other people or pets. You'll also need one if you're told to come to a hospital or doctor's office.



**Clean your hands often.** This is an important habit to keep up, even if you already have COVID-19. Use soap and water and wash for at least 20 seconds. If you don't have soap and water, a hand sanitizer with at least 60% alcohol will work, but make sure to rub your hands together until they feel dry. Avoid touching your face with unwashed hands.



**Clean high-touch surfaces.** Objects that you and others touch often need to be disinfected daily. That includes things like counters, tables, doorknobs, bathroom fixtures, toilets, phones, computers, remotes and bedside tables. Most household disinfectants should work. Read and follow the instructions on the label.



**Stay home until you get the green light.** People with COVID-19 must remain at home until their doctors have determined it's safe to go back out. The timing may not be the same for everyone. So try to be patient, and follow your doctor's instructions.

Remember, playing by these rules helps keep everyone in your community safer. **And that may save lives.**



## DON'T SEW? NO PROBLEM!

See how to make a no-sew mask using just a piece of cloth and two rubber bands. Go to [morehealth.org/facemask](https://www.morehealth.org/facemask).

## What to know about cloth face masks

The Centers for Disease Control and Prevention (CDC) is now recommending that everyone wear cloth face masks in public places where it would be hard to stay 6 feet from other people, especially in areas where the spread of COVID-19 is significant.

To be clear, these are not surgical face masks or N95 respirators. Those kinds of face coverings need to be reserved for health care workers.

But you can wear a homemade cloth face mask, scarf or bandana when you're on essential errands in public. It might help prevent you from spreading the virus to other people.

### Why the about-face?

CDC says it revised its stance about face masks after recent studies showed that a significant portion of people with COVID-19 could spread the virus even if they have no symptoms themselves. If you wear a face mask routinely, there

may be less chance you'll spread the disease if you have it.

Cloth face masks are not a substitute for social distancing. You still need to stay home as much as possible and stay at least 6 feet away from other people in public.

Also keep in mind, cloth face masks should not be placed on:

- Children under age 2.
- Anyone who has trouble breathing.
- Anyone who is unable to remove the mask without help.

### What to look for in a cloth face mask

You can make your own cloth face masks at home. They should be made out of a material you can clean in a washing machine. That includes things like cotton sheets, a bandana or an old T-shirt.

Cloth face coverings should also:

- Fit snugly but comfortably against the sides of the face.
- Be secured with ties or ear loops.
- Include more than one layer of fabric.
- Allow for easy breathing.
- Be able to be washed and dried without changing shape.

You should wash your cloth face mask often. Be careful not to touch your eyes, nose or mouth when taking off your mask. And after you take it off, wash your hands right away.