Quarantine

A self-quarantine usually means staying home from school, work and public spaces for up to 14 days, as recommended by the CDC, and leaving only to seek medical attention.

Why?
It is a way to monitor if symptoms develop while avoiding any possible spread to others.

If you or your family member is self-quarantined or sick...
- Use separate bedrooms and bathrooms.
- Avoid sharing personal items like food & drinks.
- Provide your sick house member with clean, disposable face masks to wear at home.
- Clean the sick room and bathroom with detergent and water prior to disinfection, as needed.

Who?
Those who are suspected of being exposed to COVID-19 are asked to self-quarantine.

It is believed that some may carry the virus without showing symptoms and may inadvertently affect others.

How?
- Separate yourself from people & animals
- Avoid sharing household items
- Cover your mouth while coughing or sneezing
- Wash your hands as often as possible
- Disinfect high-touch areas

For more information, go to www.bcm.edu/coronavirus-preparedness

Source: Baylor College of Medicine