

## Coronavirus Disease 2019 (COVID-19):

# 10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

1

**Stay home** from work, school, and away from public places. If you must go out, avoid using public transportation, ridesharing, or taxis.



2

**Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



3

**Get rest, stay hydrated, and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid the gym or other locations where you may come into contact with others.



4

If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.



5

For medical emergencies, call 911 and **notify the dispatch personnel** that you have been exposed to COVID-19.



6

**Take everyday actions** to prevent the spread of germs.

- Clean your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60% alcohol
- Cover your cough/sneeze
- Avoid touching your eyes, nose, and mouth



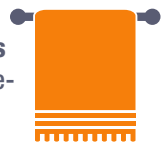
7

As much as possible, **stay in a specific room** and **away from other people** and pets in your home. Use a separate bathroom, if available.



8

**Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



9

**Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



10

**Make the best of your time at home** by teleworking if you're able or catching up on reading, exercising, or other hobbies.



For current COVID-19 information:  
<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Military Health System Nurse Advice Line is available 24/7:  
Call 1-800-874-2273 option #1  
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>



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For more information, contact your installation's Department of Public Health.