

# Home isolation:

## How to do it right



### Quarantine yourself at home.

Stay in a single room away from others. Use a separate bedroom and bathroom, if available.



### Avoid touching your face with unwashed hands.



### Cover your mouth and nose with a tissue or your bent elbow when you cough or sneeze.



### Don't share personal household items.



### Tell anyone else that you've been in contact with that you may have contracted COVID-19.



**Clean all "high-touch" surfaces in your home daily,** including counters, tables, doorknobs, bathroom fixtures, phones, keyboards and tablets.

They should follow the recommendations above and monitor their health for any signs of respiratory illness (fever, cough, shortness of breath).



### Clean your hands thoroughly and frequently.

Wash your hands with soap and water for at least 20 seconds

Questions about COVID-19?

Call our coronavirus hotline at 570-284-3657.

