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.

- **Don't share personal household items.**

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

- **Clean your hands thoroughly and frequently.**
  Wash your hands with soap and water for at least 20 seconds.

- **Avoid touching your face with unwashed hands.**

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

- **Tell anyone else that you’ve been in contact with that you may have contracted COVID-19.**
  They should follow the recommendations above and monitor their health for any signs of respiratory illness (fever, cough, shortness of breath).

Questions about COVID-19?
Call our coronavirus hotline at 570-284-3657.