

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.

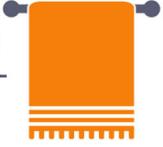
- Clean your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60% alcohol
- Cover your cough/sneeze
- Avoid touching your eyes, nose, and mouth



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/covid19>
<https://www.coronavirus.gov/>

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

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



The Army COVID-19 Information Hotline:
1-800-984-8523
Overseas DSN 312-421-370
Stateside DSN 421-3700