

What is Quarantine?

Quarantine is for people that are not sick, but might get sick because they have been around someone who has coronavirus.

Because coronavirus can spread so easily from one person to another person, quarantine is important so that other people don't get sick.

For coronavirus, it can take up to 14 days for a person who was exposed to coronavirus to start to feel sick.



If your doctor or someone from your health department tells you that you need to QUARANTINE, this is what to do:

- 1. Stay home for as long as your doctor or health department tells you to, unless you have a health emergency - then call ahead before you go to the doctor or hospital.**
- 2. Wash your hands often, with soap and water, for 20 seconds each time you wash them**
- 3. Don't have any people visit you.**
- 4. Don't share towels, silverware, cups, bowls, or plates with anyone else in your home.**
- 5. If you become sick: Stay in a separate part of your home or at least 6 feet away from other people in your home, as much as you can, and call your doctor or health department to report your symptoms.**



If you are in quarantine, your health department might call you each day to see how you are doing and if you have any symptoms.