

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.



2. Monitor for symptoms daily and take your temperature twice daily. If you develop symptoms and are a high-risk individual, contact your healthcare provider.



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 may 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. Wash your hands often, cover your cough/sneeze, and 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 label directions.



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



Use reputable sources of information.

Stay informed through the [CDC \(www.cdc.gov/covid-19\)](https://www.cdc.gov/covid-19)

the [Wisconsin Department of Health Services](https://www.dhs.wisconsin.gov/covid-19/index.htm)

(<https://www.dhs.wisconsin.gov/covid-19/index.htm>) and [Sauk County](https://www.co.sauk.wi.us/publichealth/coronavirus)

[Public Health \(https://www.co.sauk.wi.us/publichealth/coronavirus\)](https://www.co.sauk.wi.us/publichealth/coronavirus)

