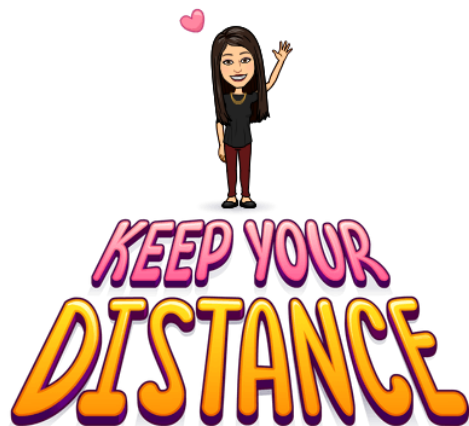


# Guidelines if You are in Quarantine or Isolation at Home

- Stay home except to get medical care; call ahead before visiting your doctor
- Separate yourself from other people and any pets in your home, to the greatest extent possible (e.g., sleep in a separate room)
- Avoid having visitors, unless absolutely necessary
- Disinfect your bathroom after each use; use a separate bathroom than the rest of your household if possible
- Avoid sharing personal household items and disinfect after use (e.g., cups, silverware, etc.)
- Wash your hands frequently with warm soapy water
- If you are sick and if available, wear a facemask when around others and dispose in a lined trash can after use (no mask is necessary when no others are around)
- Cover your nose and mouth with your inner elbow when coughing or sneezing



**Public Health**



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**Info Lines: 2-1-1 or (734) 287-7870**