**What should or shouldn't I do?**

* Do not go to work, school, or public areas.
* Avoid using public transportation, ride-sharing, or taxis.
* Call your doctor and tell them that you have or may have COVID-19. This will help the healthcare provider's office to take steps to keep other people from getting infected or exposed.
* As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available.
* Restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. When possible, have another member of your household care for your animals while you are sick. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a face mask.
* Wear a face mask when you are around other people or pets and before you enter a doctor's office or hospital.
* Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in a lined trash can.
* Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
* Clean all "high-touch" surfaces every day,High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
* Monitor yourself for fever by taking your temperature twice a day and remain alert for cough or difficulty breathing.
* If you have not had symptoms and you begin to feel feverish or develop fever, cough, or difficulty breathing, immediately limit contact with others if you have not already done so. Call your doctor or local health department to determine whether you need a medical evaluation.
* Seek prompt medical attention if your illness is worsening.

**When can I discontinue my self-quarantine?**

A full, 14-day quarantine remains the best way to ensure that you don't spread the virus to others after you've been exposed to someone with COVID-19. However, according to CDC guidelines, you may discontinue quarantine after a minimum of 10 days if you do not have any symptoms, or after a minimum of 7 days if you have a negative COVID test within 48 hours of when you plan to end quarantine.