

# 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.



By executive order of Rhode Island Gov. Gina Raimondo, anyone entering Rhode Island for a non-work-related purpose from a location with a high community spread rate (see list maintained by the Rhode Island Department of Health (RIDOH) at [www.health.ri.gov/covid](http://www.health.ri.gov/covid)) must immediately self-quarantine for 14 days or until they receive a negative COVID-19 test. Upon arrival in Rhode Island, please complete a brief survey for RIDOH at [www.health.ri.gov/oos-covid](http://www.health.ri.gov/oos-covid).

For more information, contact the Rhode Island Department of Health at 401-222-8022, email [RIDOH.COVID19Questions@health.ri.gov](mailto:RIDOH.COVID19Questions@health.ri.gov), or visit [health.ri.gov/covid](http://health.ri.gov/covid).