WHAT DOES IT MEAN TO QUARANTINE?

WHAT IS SELF-QUARANTINE?
When people who have been exposed to COVID-19 or are at risk stay home.

WHY DOES IT MATTER?
It keeps people from unknowingly spreading COVID-19 to others.

WHAT DO I DO IF I AM QUARANTINED?
- Use standard hygiene and wash hands frequently
- Do not share things like towels and utensils
- Stay at home
- Do not have visitors
- Stay at least 6 feet away from other people in your household