

## **Self-quarantine**

Stay home. Do not leave your room, apartment, or house for 14 days since the time of your exposure.

Avoid contact with other people. Don't spend time in common areas. Use a separate bathroom if you can.

Sharing is NOT caring. Don't share eating utensils, drinking glasses, towels, or any other items until your quarantine is over.

Wash your hands frequently with soap and water, or use alcohol-based hand sanitizer after coughing and sneezing. Never cough or sneeze in the direction of someone else. Throw your dirty tissues in the garbage.