

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:
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.
- ▶ Wear a cloth face covering and maintain at least 6 feet of distance at any indoor or outdoor gathering with people who live outside your home. This is especially important when indoors.



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.



For current COVID-19 information:
<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:
Call 1-800-874-2273 option #1
or visit <https://www.health.mil/1-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.

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Public Health
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Army Public Health

The Army COVID-19 Information Hotline:
1-800-984-8523
Overseas DSN 312-421-3700
Stateside DSN 421-3700

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