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.

911

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.

For more information:

For guidance specific to the Pentagon Reservation and DOD offices and facilities in the National Capital Region, please go to the WHS COVID-19 Guidance page, https://www.whs.mil/Coronavirus/