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.

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/](https://www.whs.mil/Coronavirus/)