

Guidance for Self-Quarantine

Even though the person you live with does not have symptoms, self-quarantining means separating as much as possible from other people sharing the living space.

Tip #1

They should stay in their own bedroom



If the self-quarantining individual needs to come out of their room for any reason, they should wash their hands and wear a mask.



Tip #2

Use a bathroom that is not shared with others



If there's only one bathroom, set up a rotation in which the self-quarantining individual uses the bathroom last and then disinfects it thoroughly.



Tip #3

Do not share any items with the self-quarantining individual.



As long as all members of your household are following these self-quarantine and hygiene guidelines closely, those not in self-quarantine can continue to participate in your normal activities outside of the home while someone at home is self-quarantining.