

Quarantine Tips

Coronavirus (COVID-19)



Stay home

Follow shelter-in-place orders and postpone all non-essential appointments to stop the spread of the virus in your area.



Wash your hands

Wash your hands frequently, for at least 20 seconds, and use alcohol-based sanitizers if soap and water aren't available.



Clean and disinfect

Make sure you frequently clean all high-touch surfaces including doorknobs, laptops, tables, phones, switches, and toys.



Exercise and sleep

Follow a regular sleep and exercise routine to remain healthy and fit during the period of the outbreak.



Boost immunity

Eat three healthy meals a day, take daily vitamins, stay active and keep hydrated.



Don't share

Don't share personal items such as utensils, cups and glasses, towels, beddings, etc.



Don't touch your face

Avoid touching your eyes, nose and mouth until you are able to wash your hands properly.



Practice social-distancing

Keep a distance of at least six feet with people, especially those who seem sick, cough or sneeze.



Stay informed

Stay up-to-date with global news and local updates from reliable sources.

If you experience symptoms or had close contact with a COVID-19 infected person:



Isolate yourself

Quarantine yourself from others in your home and avoid all contact with your family or roommates to avoid spreading the virus.



Monitor symptoms

Periodically check your temperature and be aware of COVID-19 symptoms. If symptoms become severe, call 911.



Call your doctor

Call your doctor or your local COVID-19 helpline for testing and treatment instructions before visiting a clinic or hospital.