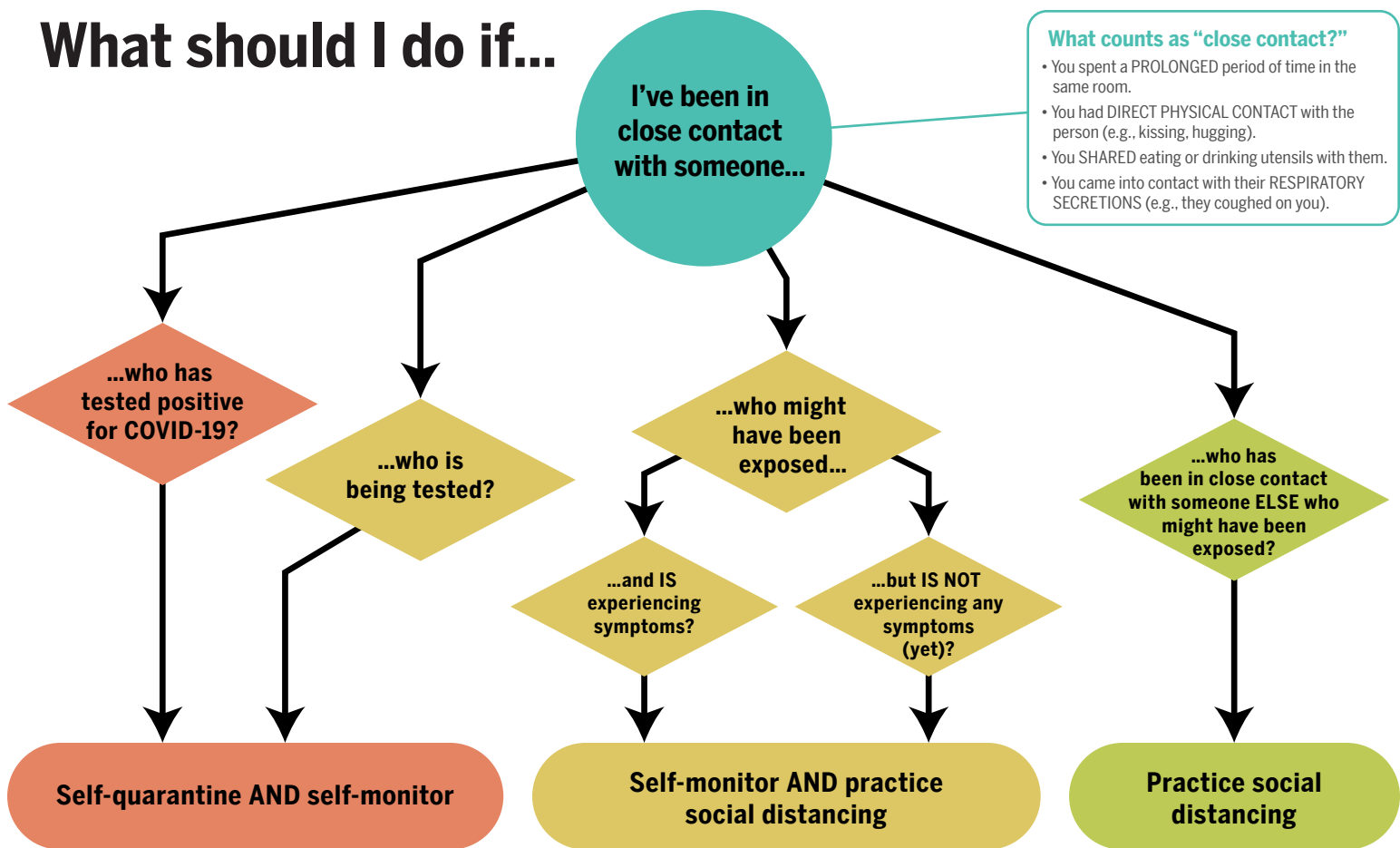


# What should I do if...



# How do I...

## ...self-quarantine?

- STAY HOME for 14 days.**
- AVOID CONTACT** with other people.
- DON'T SHARE** household items.

Learn more at  
<https://www.cdc.gov/quarantine/quarantineisolation.html>

## ...self-monitor?

**BE ALERT** for symptoms of COVID-19, especially a dry cough or shortness of breath.

**TAKE YOUR TEMPERATURE** every morning and night, and write it down.

**CALL** your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).

**DON'T** seek medical treatment without calling first!

Learn more at  
<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

## ...practice social distancing?

- STAY HOME** as much as possible.
- DON'T** physically get close to people; try to stay at least 6 feet away.
- DON'T** hug or shake hands.
- AVOID** groups of people and frequently touched surfaces.

Learn more at  
<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

## And practice great hygiene!

**WASH** your hands frequently • **AVOID TOUCHING** your face • **WIPE DOWN** frequently touched surfaces regularly

# What if I have symptoms?

If you experience symptoms, such as fever, dry cough, or difficulty breathing, **call a health care provider.**