

## Coronavirus Disease 2019 (COVID-19)

# Quarantine: Guide for Close Contacts Who Are Not Ill

*If you have questions, or you start to feel ill, contact your health care provider.*

### **Monitor your symptoms.**

- Monitor yourself for a fever, cough, or difficulty breathing.

### **Stay home.**

- Stay home as much as possible for 14 days after last date of exposure to someone with COVID.
- Contact your work and see if you can work from home.

### **Avoid contact with others.**

- As much as possible, avoid being around others.
- If you need to be around other people in or outside of the home, wear a face mask if available.

### **Limit the number of visitors in your home.**

- Only have visitors who you must see.

### **Keep your distance.**

- Try to stay 6 feet away from people you are around.
- Limit contact with pets and animals.

### **Cover your coughs and sneezes.**

- Cover your mouth and nose with a tissue when you cough or sneeze.

### **Avoid touching your face.**

- Try not to touch your face, especially your eyes, nose and mouth.

### **Wash your hands.**

- Wash your hands often with soap and water.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- This is important after blowing your nose, coughing, or sneezing; going to the bathroom; and especially before touching or eating food.

### **Public spaces.**

- It is okay to go out for a walk or to engage in physical activity but be sure to follow social distancing guidelines. Maintain a distance of at least 6 feet from others.
- Avoid crowded public spaces and places where you cannot maintain a 6-foot distance from others.
- Try and avoid using public transportation if you can.

### **Clean.**

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.

### **Avoid sharing personal items.**

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with others.

### **If caring for someone who has tested positive:**

- When possible, wear a mask and gloves around the person and when you have contact with person's saliva or other body fluids.
- Wash laundry thoroughly. There is no need to separate the laundry, but if possible, wear mask and gloves when handling.
- Be careful when handling waste. Take care not to touch used tissues with bare hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Dispose of gloves and mask after every use. If using a cloth mask wash after use. Always wash hands after removing mask and gloves.

### **What should you do if you develop symptoms?**

- Self-isolate immediately and contact your health care provider.
- Tell your health care provider you have been identified as a close contact of a person with COVID.
- If you are having difficulty breathing, call 911.

### **Learn more about COVID-19**

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact, such as people who live in the same household or provide care. You can access up to date information on COVID-19 on the Centers for Disease Control's webpage at:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Information current as of May 7, 2020.

## Enfermedad del Coronavirus 2019 (COVID-19)

# Cuarentena: Guía para Contactos Cercanos Que No están Enfermos

*Si tiene preguntas, o si empieza a sentirse enfermo, contacte a su proveedor de salud.*

### **Monitoree sus síntomas.**

- Realice un auto monitoreo por si tiene fiebre, tos o dificultad para respirar.

### **Permanezca en su casa.**

- Permanezca en su hogar el mayor tiempo posible durante 14 días después de haber estado expuesto a alguien con COVID. \*needs to be updated
- Contacte a su lugar de empleo para averiguar su puede trabajar desde la casa.

### **Evite el contacto con otros.**

- Haga todo lo posible por evitar entrar en contacto con otras personas.
- Si se ve obligado a estar con otras personas dentro o fuera de su hogar, use mascarilla/cubrebocas si tiene uno a la mano.

### **Limite el número de visitantes en su hogar.**

- Admita únicamente a las personas que debe ver.

### **Mantenga su distancia.**

- Haga todo lo posible por mantenerse a una distancia de 6 pies (2 metros) de las personas que lo rodean.
- Limite el contacto con mascotas y animales.

### **Cúbrase la boca al toser o estornudar.**

- Cúbrase boca y nariz con un pañuelo al toser o estornudar.

### **Evite tocarse la cara.**

- Haga todo lo posible por no tocarse la cara, en especial los ojos, la nariz y la boca.

### **Lávese las Manos.**

- Lávese las manos frecuentemente con agua y jabón.
- Use un desinfectante de manos a base de alcohol si se encuentra en un lugar donde no hay agua ni jabón disponibles.
- Este paso es importante realizarlo después de sonarse la nariz, toser o estornudar; después de

usar el baño; y especialmente, antes de manipular alimentos o comer.

### **Evite Salir a Espacios Públicos.**

- En caso de enfermarse, evite los espacios públicos o lugares conglomerados donde es difícil separarse de las demás personas.
- Si se ve obligado a salir, haga todo lo posible por evitar usar el transporte público. \*needs to be updated

### **Limpie.**

- Limpie su hogar con limpiadores caseros habituales.
- Limpie a diario todas las áreas y superficies de alto contacto como inodoros, las llaves del lavamanos, manijas de las puertas, mesas de noche, etc. usando limpiadores caseros habituales

### **Evite compartir artículos personales.**

- No comparta platos, vasos, cubiertos, toallas, lencería o ropa de cama, u otros artículos con otros.

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- Wash laundry thoroughly. There is no need to separate the laundry, but if possible, wear mask and gloves when handling.
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- Dispose of gloves and mask after every use. If using a cloth mask wash after use. Always wash hands after removing mask and gloves.

### ***¿Qué debe hacer si desarrolla los síntomas?***

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Practique inmediatamente el auto aislamiento y  
contacte a su proveedor de salud. \*needs to be updated

### **Infórmese más acerca del COVID-19**

COVID-19 es un nuevo virus que se propaga por medio de las gotas respiratorias de una persona infectada a otras personas con quienes entran en contacto cercano, que viven en el mismo hogar o que proveen algún tipo de cuidado. Puede acceder a la información más actualizada sobre el COVID-19 en la página de internet de los Centros para el Control de Enfermedades ingresando a:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Información vigente a partir del 18 de marzo, 2020