Quarantine Guidelines for COVID-19

June 14, 2020

- Stay home except to get medical care.
- Take your temperature with a thermometer two times a day (morning and evening) and monitor for fever. You may use the daily monitoring log or some other way to track your temperature. Also, watch for cough or trouble breathing.
- If you become ill:
  - Seek prompt medical attention.
  - Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
  - Put on a facemask before you enter the healthcare facility. These steps will prevent further spread to other people in your healthcare provider's office or waiting room.
- Restrict activities outside your home, except for seeking medical care. Do not go to work, school, or public areas (including but not limited to grocery stores, restaurants, and sports activities). Avoid using public transportation, ride-sharing, or taxis.
- You may go outside in your private yard, but you may not meet with neighbors or visitors in your yard.
- Do not allow visitors into your home during the quarantine period.
- If family or visitors are bringing you supplies, food, or medications have them leave them by your door, so that you can retrieve them without exposing anyone.
- Separate yourself from other people in your home.
  - It is preferable that persons that reside in your household find another place to stay while you are in quarantine, so as not to become exposed if you become ill with COVID-19.
  - If that is not possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- Facemasks are recommended for anyone over the age of 2 years to help prevent the spread of the disease to others.
- Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Clean all "high-touch" surfaces every day.

- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Kansas
Department of Health
and Environment