

Novel Coronavirus (COVID-19) Recommendations for patients advised to self-quarantine for possible exposure

We recommend the below precautionary steps from now until 14 days from the date of your last known possible contact:

- Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis.
- As much as possible, separate yourself from other people in your home. If you can, you should stay in a room and away from other people. Also, you should use a separate bathroom if available.
- Wear the supplied mask whenever you are around other people.
- If you have a non-urgent medical appointment, please reschedule for a later date. If the appointment is urgent, please call the health care provider and tell them that you are on self-isolation for possible COVID-19. This will help the health care provider's office take steps to keep other people from getting infected or exposed. If you can reschedule routine appointments, do so.
- Wash your hands often with soap and water for at least 15 to 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 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.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands.
- Avoid touching your eyes, nose, and mouth with your hands.
- Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- Clean and disinfect all "high-touch" surfaces every day. High touch surfaces include counters, tabletops, doorknobs, light switches, remote controls, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them.