

COVID-19 Reminders during Quarantine/Isolation

Please read the information below to protect yourself, your family, and the community while you are in quarantine or isolation.

DOs

- Stay at home
- Monitor your health and stay in touch with your doctor
- Separate yourself from others
- Wear a mask that covers your mouth and nose if around others
- Maintain distance from others
- Rest and hydrate
- Wash or sanitize your hands often
- Clean and disinfect frequently touched surfaces (counters, doorknobs, phones, etc)
- Use a mask or tissue to cover your mouth and nose when coughing or sneezing
- Call your primary care provider and your employer before returning to work
- Ensure your home is well ventilated by leaving a window cracked

DON'Ts

- Leave home unless you need medical attention
- Take public transportation (bus, subway, etc)
- Share personal items like dishes, cups, utensils, towels or sheets
- Share a living space with someone who is high risk for COVID-19, like those who are pregnant, over 50 years of age, or have a chronic medical condition.

TO SEEK MEDICAL CARE:

- Call 911 if you think it is an emergency or if you have trouble breathing.
- Call your primary care provider or 1-844-NYC-4NYC (1-844-692-4692) if you have questions or feel worse.

