

# TIP SHEET: UNDERSTANDING SELF-QUARANTINE

Self-quarantine involves staying at home for 14 days and avoiding contact with other people or animals. This means not going to work, taking public transport, running errands or having visitors stop by your home. While friends and family can drop off essential items, they should not come into contact with the infected person. Food can be delivered but should be left on doorstep.

People should also monitor their symptoms while in self-quarantine. The Centers for Disease for Control and Prevention (CDC) advises to “seek prompt medical attention” if symptoms worsen.

Home quarantine should only be discontinued when the “risk of secondary transmission to others is thought to be low,” the CDC says, adding that the decision to end self-quarantine should be made in consultation with a healthcare provider as well as state and local health departments.

## **HOW DOES SELF-QUARANTINE AFFECT THOSE IN MY HOME?**

If an infected person shares a home with others, they should separate themselves from people and animals living on the property.

The CDC advises that infected people wear a mask when entering communal spaces, covering coughs and sneezes, cleaning hands frequently, avoiding sharing household items and regularly cleaning all “high-touch” surfaces.

## **HOW CAN I GET MEDICAL ATTENTION DURING SELF-QUARANTINING?**

If someone suspects they have coronavirus, they should call a healthcare provider to notify them of their symptoms. Patients should not show up unannounced at healthcare facilities as this risks exposing others to the virus.

## **WHY IS IT IMPORTANT TO SELF-QUARANTINE?**

Self-quarantine can help stop the spread of the new coronavirus. As of March 3, COVID-19 has a 3.4% death rate according to the World Health Organization, with elderly populations or patients with preexisting conditions most affected. Self-quarantine not only prevents others from getting sick. It can save people’s lives. While health officials have identified some of the ways the virus can spread, they still do not know all the ways it can be passed from person to person, making self-quarantine all the more important.