What does it mean to
self-quarantine for COVID-19?

Once contact has been made with a confirmed case of COVID-19, one must **self-quarantine.** The **quarantine** period of 14 days is to restrict one's exposure to others in case they become sick with COVID-19. This guideline is based on what scientists know about the incubation period of a virus, which is the time from when people generally are first exposed to a virus until they start to develop symptoms.

It is important to note that not all people exposed to the virus will develop symptoms. In addition, you can be asymptomatic where you have the virus and spread to others without having symptoms.

According to the Wisconsin Department of Health Services, **people under self-quarantine should stay home** and take the following precautions:

- **Do not** go to school, work, public areas or attend large gatherings.
- **Do not** use public transportation, ridesharing or taxis.
- **Do not** go out to restaurants or have guests over to your house.
- **Postpone travel.** If travel is absolutely necessary, you must contact your local health department for instructions.
- **Postpone all non-essential medical appointments** until you are out of quarantine.
- **Wash your hands often and practice good hygiene.**
- **Minimize contact** with people and animals in your home. If possible, stay in your own room and use your own bathroom. Avoid sharing personal household items such as dishes, towels and bedding.

If during your self-quarantine you need **medical attention**, call ahead to your health care provider or emergency department and tell them your symptoms and whether you have traveled to an area of the world that has a COVID-19 outbreak.

What activities can I do if I am quarantined at home?

If feeling well, below are ideas on what to do during quarantine within the quarantine limits to help your mental and physical stress:

- Read a good book or listen to a podcast
- Go for a walk without being in contact with others
- Meditate
- Watch television or movies
- Stretch or workout
- Start a journal or blog
- Enhance your skincare routine
- Clean and organize
- Phone, facetime or video calls with friends and family
- Write letters to friends and family
- Learn a new computer skill or hobby

Remember, you're helping your community and protecting others by staying home during self-quarantine and preventing the spread of COVID-19. While it may be challenging and stressful, preventing the spread is important to keeping everyone safe.

For more information about when to quarantine, when you can be around others, isolating when sick and daily activities and going out visit cdc.gov

NOTE: You cannot get out of the 14-day quarantine period with a negative COVID-19 test as symptoms may develop at any time during the 14 days.

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