

COVID-19 Checklist for Isolation or Quarantine

Top 5 Things You Can Do If You Are Isolated or Quarantined

Isolation separates sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that people who are isolated or quarantined take the following actions:

- Keep your distance. Stay in your bedroom and use a bathroom separate from the one used by other members of your household, if possible. Wear a face mask when around others and try to stay at least 6 feet away. Have someone else in the home prepare meals and leave them outside your bedroom door. Don't share bedding, towels, dishes, or water bottles with others. If something is shared, wash it with soap and water before each use by a separate person.
- Do not leave your home unless necessary for medical care. Ask family, friends, or community groups to help with needs by leaving supplies outside your door.
- Do not allow visitors to your home.
- Wipe down high-touch areas every day with a disinfectant. This includes doorknobs; light switches; phones; remote controls; appliance, sink, toilet, and cabinet handles; countertops, etc.
- Limit contact with pets. If you do interact with pets, wash your hands before and after.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

CORONAVIRUS DISEASE 2019 Ohio

Department
of Health

Protect yourself and others from
COVID-19 by taking these precautions.

PREVENTION

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STAY HOME



PRACTICE
SOCIAL
DISTANCING



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS

For more information, visit: coronavirus.ohio.gov