

Detailed recommendations for Self-monitoring at Home (“Self-Quarantine”) after travel from, through or in countries with widespread ongoing transmission

Instructions	
People	<ul style="list-style-type: none"> • Stay in a specific room and use a separate bathroom away from other people in your home • Do not allow visitors • Restrict activities outside your home, except for getting medical care • Do not go to work, school, or public areas • Avoid using public transportation, ride-sharing, or taxis • Wear a facemask if you have symptoms • Cover your coughs and sneezes. • Clean your hands often • Avoid sharing personal household items. • Clean all “high-touch” surfaces every day. • Monitor your symptoms (See Self-Monitoring Table). • Seek prompt medical attention if (for those with symptoms) your illness is worsening (e.g., difficulty breathing). • If you need to see your doctor, call ahead.
Animals	<ul style="list-style-type: none"> • Restrict contact with pets and other animals while you are sick with COVID-19. • Limit contact with animals until more information is known about the virus. • If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.
Medical Care	<ul style="list-style-type: none"> • Call ahead of visiting your doctor • Keep your supervisor updated
Getting food and medicine	<ul style="list-style-type: none"> • Where possible, contact a friend, family member or delivery services to carry out errands like supermarket shopping on your behalf.