



Coronavirus (COVID-19) Self-Quarantine & Self-Monitoring Guidance

How Do I Self-Quarantine Myself?

Follow These Instructions for 14 Days Upon Returning Home

- **Stay home. This means DO NOT go to school, work, public areas, or attend large gatherings, such as parties, weddings, meetings, and sporting events.**
- **If you are infected with the virus while traveling, you may not become sick for up to two weeks after exposure. By quarantining yourself for 14 days, the likelihood that you will transmit the disease to others is significantly reduced. Even if you are not showing symptoms, you can still spread the virus to others, thus why self-quarantine is critical for asymptomatic individuals.**
- **If you need medical care, call your health care provider and tell them your symptoms and that you have traveled to an area that has a COVID-19 outbreak.**
- Do not use public transportation, ride-sharing, or taxis.
- Do not go out to restaurants or have guests over to your house.
- Postpone any travel. If travel is absolutely necessary, you must contact the Clark County Health Department (CCHD) first, for instructions. Please know, if you choose to travel and become ill while you are away, you may not be able to return home using public transport (for example, air travel) until you are well and released from possible isolation.
- Wash your hands often and practice good hygiene.
- Postpone all non-essential medical appointments (for example, dental cleaning, eye exam, routine check-up) until you are out of quarantine. If you have an essential appointment during the quarantine, please call your provider ahead of time and tell them that you traveled to an area experiencing a COVID-19 outbreak.
- Consider minimizing contact with people and animals in your home (stay in your own room and, if possible, use your own bathroom). Avoid sharing personal household items such as dishes, towels and bedding.



Self-monitoring instructions:

- Watch for fever, cough, or trouble breathing.
- If possible, take your temperature twice a day with a thermometer.
 - ◆ A fever is typically a temperature of 100.4°F or greater.
 - ◆ If you do not have a thermometer, symptoms of fever may include: feeling unusually hot for no reason, having chills, or sweating.

What should I do if I need medical care?

- Call your health care provider.
 - ◆ Call ahead before you go to your doctor's office or to an emergency room.
 - ◆ Tell them your symptoms and that you traveled to an area experiencing a COVID-19 outbreak.
- Do not use public transportation, ride-sharing, or taxis.
- If you have a facemask, wear it if you need to be around other people.
- Cover your mouth and nose with a tissue or your elbow when you cough and sneeze.

If you need emergency medical attention call 911 and let them know that you traveled to an area experiencing a COVID-19 outbreak.