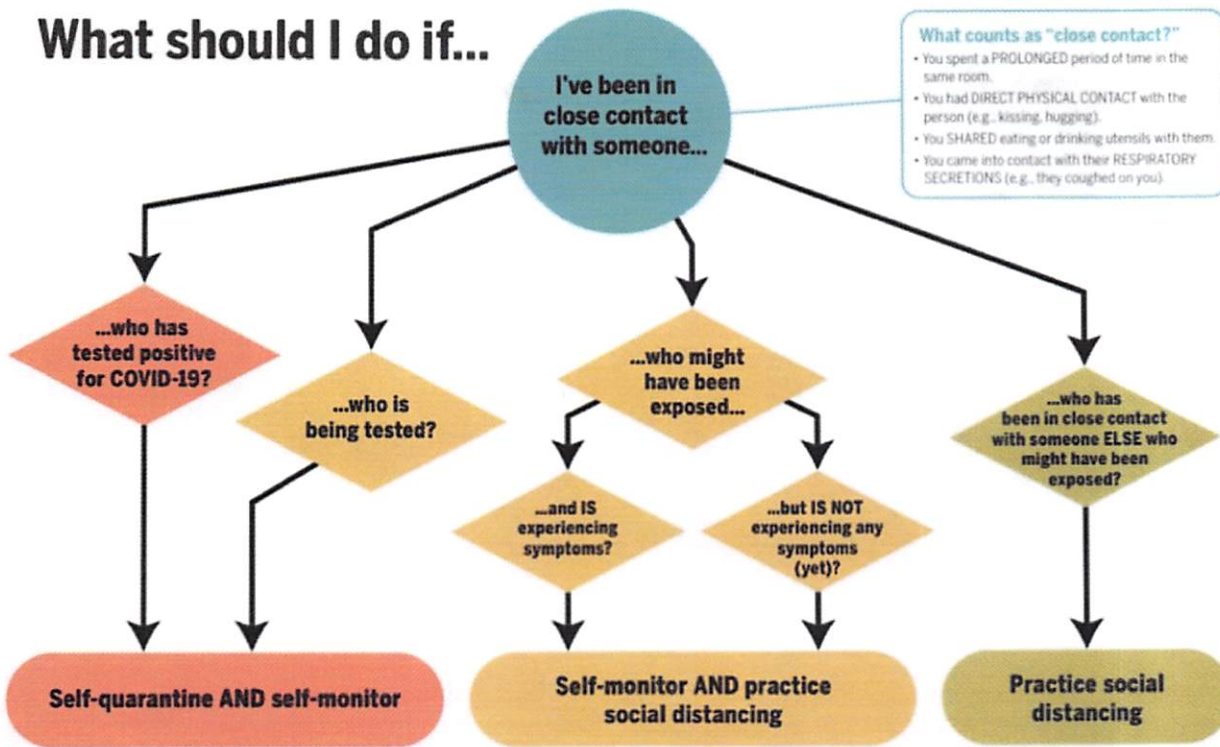


# What should I do if...



## How do I...

### ...self-quarantine?

**STAY HOME for 14 days.**  
**AVOID CONTACT** with other people.  
**DON'T SHARE** household items.  
 Learn more at  
<https://www.cdc.gov/quarantine/quarantineisolation.html>

### ...self-monitor?

**BE ALERT** for symptoms of COVID-19, especially a dry cough or shortness of breath.  
**TAKE YOUR TEMPERATURE** every morning and night, and write it down.  
**CALL** your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).  
**DON'T** seek medical treatment without calling first!  
 Learn more at  
<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

### ...practice social distancing?

**STAY HOME** as much as possible.  
**DON'T** physically get close to people; try to stay at least 6 feet away.  
**DON'T** hug or shake hands.  
**AVOID** groups of people and frequently touched surfaces.  
 Learn more at  
<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

### And practice great hygiene!

**WASH** your hands frequently • **AVOID TOUCHING** your face • **WIPE DOWN** frequently touched surfaces regularly

## What if I have symptoms?

If you experience symptoms, such as fever, dry cough, or difficulty breathing, **call a health care provider.**