

REOPENING RI

10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:



1

Stay home from work, school, and away from public places. If you need help getting food or medicine call **2-1-1** or The POINT at **462-4444**. Visit [RIDelivers.com](https://www.ridelivers.com), Rhode Islanders' connection to help those living in quarantine and isolation due to COVID-19.



2

Monitor for symptoms and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



3

Get rest, stay hydrated, and exercise if possible. If you are able to exercise, do so in your home or yard. Avoid locations where you may come into contact with others.



4

If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.



5

For medical emergencies, call 9-1-1 and **notify the dispatch personnel** that you have been exposed to COVID-19.



6

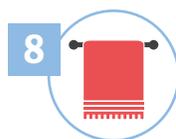
Take everyday actions to prevent the spread of germs.

- Clean your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your cough/sneeze.
- Avoid touching your eyes, nose, and mouth.



7

As much as possible, **stay** in a specific room and **away from other people** and pets in your home. Use a separate bathroom, if available.



8

Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.



9

Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



10

Make the best of your time at home by teleworking, if you're able, or catching up on reading, exercising, or other hobbies.

By executive order of Rhode Island Governor Gina Raimondo, any person coming to Rhode Island from a location outside the US must immediately self-quarantine for 14 days upon arrival in Rhode Island. Any person coming to Rhode Island for a non-work-related purpose from locations with a high community spread rate, as set forth on a list maintained by the Rhode Island Department of Health at health.ri.gov/covid, must immediately quarantine for 14 days or until such time as they receive a negative COVID-19 test from a specimen taken no more than 72 hours prior to arrival in Rhode Island. Public health; public safety; healthcare workers; and anyone traveling for medical treatment, funeral, or memorial services are exempt.

For more information, contact the Rhode Island Department of Health at **401-222-8022**, email RIDOH.COVID19Questions@health.ri.gov, or visit health.ri.gov/covid.

Last updated: 08/07/2020

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An official publication of the State of Rhode Island.



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