

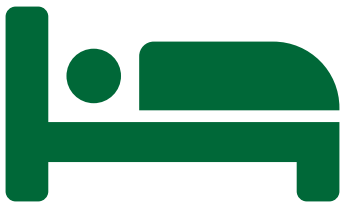
# My Child/Family Member Has Been Advised to Quarantine...What Now?

## Stay home except to get medical care



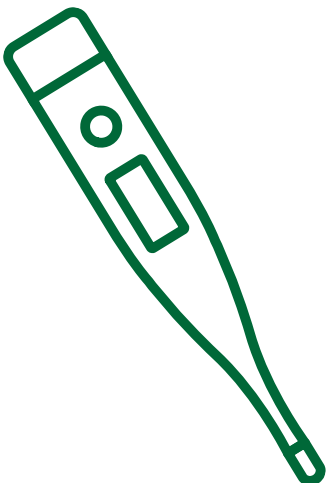
- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation,** ride-sharing, or taxis.

## What to do if you are sick



- **Everyone in the household should stay home** until testing is done or symptoms are gone. Now is not the time to go out to restaurants, participate in athletics, or visit with friends.
- **Separate yourself from other people.** As much as possible, stay in a specific room and away from others and pets. If possible, use a separate bathroom, otherwise, wipe down the bathroom often. If you need to be around other people or animals, inside or out, wear a face covering.
- **Try to have one person only care for the sick child** so others are not exposed.
- **Everyone should wash their hands well and often.**
- **Use regular household cleaners or wipes to clean things that get touched a lot** (doorknobs, light switches, toys, remote controls, phones, etc.).

## Monitor your symptoms



- Symptoms may appear 2-14 days after exposure to the virus.
- People with COVID-19 have had a wide range of symptoms ranging from mild to severe. Visit [www.cdc.gov](http://www.cdc.gov) for a list of the most common signs and indicators.
- Follow care instructions from your healthcare provider and/or local health department.

For more coronavirus-related information and helpful resources, visit [www.cdc.gov](http://www.cdc.gov)