



Do's, Don'ts, & Tips for COVID-19 Quarantine



GO OUT OR HAVE VISITORS

Don't go into crowded places. If you're sick, don't have visitors or leave your house except for medical care.



WASH YOUR HANDS OFTEN

Wash your hands for at least 20 seconds with warm soap and water, or use hand sanitizer with at least 60% alcohol.



TOUCH YOUR FACE

Don't touch your eyes, ears, or nose with unwashed hands. Try to avoid touching other people.



GO TO THE HOSPITAL IF YOUR SYMPTOMS WORSEN

Get immediate medical attention if you have shortness of breath, difficulty breathing, persistent chest pain or pressure, new confusion or the inability to arouse, or bluish lips or face.



DISPEL MYTHS AND AND STOP STIGMA

COVID-19 does not target specific racial or ethnic groups. This myth creates fear and anger towards ordinary people instead of the virus causing the problem. Fight stigma by providing social support and dispelling this myth.



GET INFORMATION FROM TRUSTWORTHY SOURCES

Don't believe everything you read on social media. For reliable updates, check websites from organizations like the Center for Disease Control, the World Health Organization, Oregon Health Authority, and your local library.



CLEAN REGULARLY

Clean laundry, eating utensils, and surfaces often. Sanitize tables, doorknobs, light switches, handles, and personal electronics.



SHARE PERSONAL ITEMS OR SPACE

Try to avoid sharing a room or bathroom with other members of your household. Don't share a trash can, utensils, food, or drinks. Clean any shared spaces often.