



PROTECT OUR HERITAGE: KEEP OUR FAMILIES SAFE AT HOME

WHY AM I BEING ASKED TO SELF-QUARANTINE?

You have been in close contact with someone who has Coronavirus Disease 2019 (COVID-19) and even though you feel well now, it is possible that you are also infected. It can take 2 - 14 days to show symptoms, so we may not know for up to 14 days if you are infected or not. **You have been asked to self-quarantine in case you are infected so that you don't pass on the infection to anyone else.** It may turn out that you are not infected but it is too soon to tell.

WHAT IS SELF-QUARANTINE?

Self-quarantine means staying at home and away from other people as much as possible except to get medical care.

HOW LONG DO I NEED TO SELF-QUARANTINE?

You will need to stay at home and self-quarantine for **14 days from when you were last exposed to the person with COVID-19.**

IMPORTANT EXCEPTION:

IF YOU CONTINUE TO LIVE WITH AND/OR CARE FOR THE PERSON WITH COVID-19, YOUR QUARANTINE WILL MOST LIKELY BE LONGER:

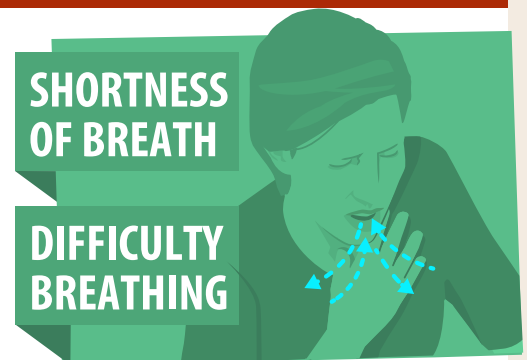
- Your quarantine should continue for another 14 days after the person living with you with COVID-19 was told by their health care provider that they were "cleared" to stop their own isolation.
- This means the total time that you self-quarantine could be 21-28 days.
- If you have been tested for COVID-19, and get a negative test result, you still need to stay in quarantine for the full 14 days after the person living in your home with COVID-19 was "cleared".

HOW DO I SELF-QUARANTINE?

You must restrict activities and limit all movements that may expose you to others during the quarantine period.

1. Stay home. Do not go to work, school, or public areas.
2. Do not allow visitors and limit the number of people in your home.
3. Separate yourself from others in your home (unless they are also in quarantine).
 - Stay in a specific room and away from other people in your home. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years and older, are pregnant, or have a health problem such as a chronic disease (diabetes, heart disease, high blood pressure, cancer, etc.) or a weak immune system.
 - Use a separate bathroom, if available.
 - Stay at least 6 feet away from others. When this is not possible, wear a face cover.
 - Do not handle pets or other animals.

SYMPTOMS MAY INCLUDE



Symptoms may appear 2-14 days after exposure. Symptoms may also include chills, muscle pain, headache, sore throat and new loss of taste or smell

WHAT IF I DEVELOP SYMPTOMS?

If you develop any of the signs or symptoms above, you may have COVID-19. Most people with COVID-19 will have mild illness and can get better with the proper home care and without the need to see a provider.

If symptoms worsen you should seek medical care. Call your healthcare provider in advance, or 9-1-1 in an emergency, and let them know you are a close contact to a person with confirmed COVID-19.



ALBUQUERQUE AREA SOUTHWEST
TRIBAL EPIDEMIOLOGY CENTER

WWW.AASTEC.NET