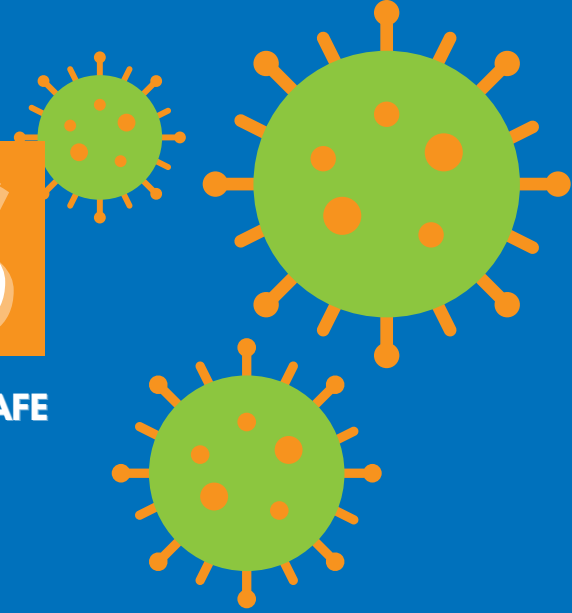


10 WAYS

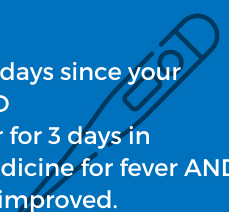
TO QUARANTINE AT HOME AND KEEP YOUR FAMILY SAFE



1

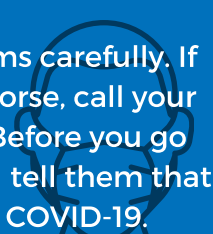
Stay home until:

- It has been at least 14 days since your symptoms began AND
- You have had no fever for 3 days in a row without any medicine for fever AND
- Your symptoms have improved.



3

Monitor your symptoms carefully. If your symptoms get worse, call your doctor immediately. Before you go to the doctor, call and tell them that you have or may have COVID-19.



5

For emergencies, call 911. Tell them that you have or may have COVID-19.



7

As much as possible, stay away from other people, stay in a separate room and use a separate bathroom. Wear a mask when you are near others.



9

Avoid sharing any household items, including food, electronic devices, chargers, etc.



2

Follow your doctor's recommendations. Get rest and drink a lot of fluids such as water, soups and caffeine-free drinks like herbal teas.



4

When you cough or sneeze, cover your mouth with a tissue and throw it away or sneeze and cough in your elbow.



6

Wash your hands often with soap and water for at least 20 seconds.



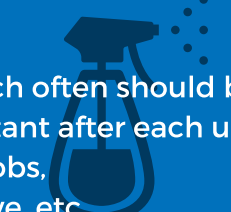
8

Ask for help as much as possible so you don't have to touch anything outside of the room where you are quarantined.



10

Surfaces that you touch often should be cleaned with disinfectant after each use. This includes door knobs, fridge/microwave/stove, etc.



Questions? Contact ProsperityME at:
(207) 797-7890 | www.prosperityme.org
prosperityme@prosperityme.org
62 Elm St. Suite 2, Portland ME 04101