

WHAT DOES IT MEAN TO QUARANTINE?

WHAT IS SELF-QUARANTINE?

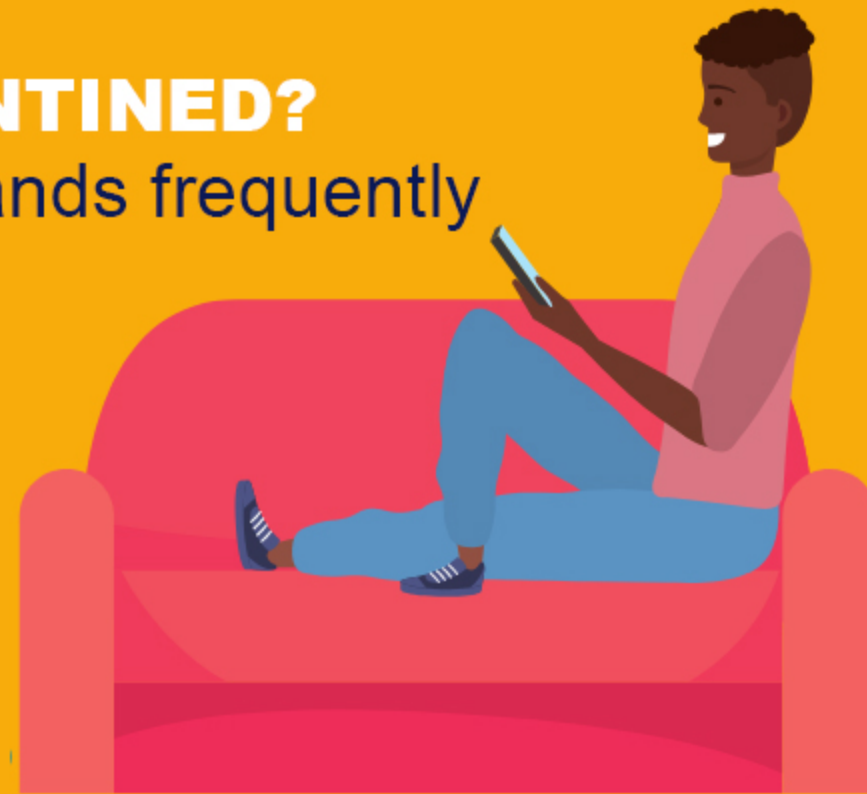
When people who have been exposed to COVID-19 or are at risk stay home.

WHY DOES IT MATTER?

It keeps people from unknowingly spreading COVID-19 to others.

WHAT DO I DO IF I AM QUARANTINED?

- Use standard hygiene and wash hands frequently
- Do not share things like towels and utensils
- Stay at home
- Do not have visitors
- Stay at least 6 feet away from other people in your household



COVID-19 (Coronavirus)



**HEALTH
DEPARTMENT**
Prince George's County