



# How to Quarantine While Living with Others

You quarantine when you have been exposed to COVID-19 and may or may not have been infected. People who are fully vaccinated do not need to quarantine after being in contact with someone who has COVID-19 unless they have symptoms.

Going into quarantine means staying home for at least 5\* days after exposure. If you live with others, follow these guidelines during quarantine.

## Sleep Separately:

It is best to sleep in a separate room during quarantine. If this is not possible, sleep in separate beds.



## Increase Outdoor Airflow:

Open windows and doors if weather conditions allow it. Do not open windows and doors if it poses a safety or health risk (risk of falling, triggering asthma symptoms, etc.)



## Wash Hands:

Even if you are staying at home all day, wash your hands frequently. Encourage others living with you to do the same.



## Clean the Bathroom After Each Use:

If possible, don't share the bathroom with others at home. If you are sharing a bathroom, disinfect after every use with bleach-based household cleaner.



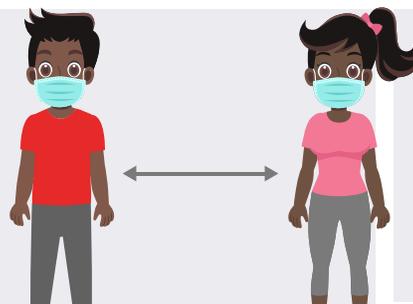
## Wear a Mask:

When sharing space with others indoors, everyone should be wearing a mask.



## Physical Distancing:

Stay at least six feet away from everyone in the house to lower the risk of anyone getting sick.



## Avoid Sharing Household Items:

It's important not to share personal household items like cups, dishes, utensils, and towels.



**Monitor Your Symptoms:** Watch for a fever (100.4°F or 38°C), cough, shortness of breath, or other COVID-19 symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.

