FIVE BEST PRACTICES FOR KEEPING YOURSELF AND THOSE AROUND YOU SAFE

1. Quarantine Yourself at Home for At Least 10 Days
   - Only leave your home to get medical care.
   - Separate yourself from others in the home by staying in a specific room and, if possible, using a designated bathroom.
   - If necessary, select a designated caregiver who will limit interactions with others in the home.

2. Wear a Cloth Covering Around Your Nose and Mouth
   - If you must be around other people within your home, wear a cloth face mask over your nose and mouth.
   - Use a scarf, bandana or other cloth covering if you do not have access to a cloth mask.
   - Cover your mouth during coughs and sneezes if you are not wearing a cloth mask.
   - If you are alone, a cloth face mask is not necessary.

TIPS FOR SHARED ROOMS AND TIGHT QUARTERS
   - Maintain six feet between people and beds.
   - Make sure the room has good air flow (for example, open windows, turn on a fan).
   - Sleep head to toe.
   - Hang a blanket or shower curtain as a physical room divider.
Follow These Instructions Until It’s Safe To Be Around People

- If you had COVID-19 symptoms, you can be around other people after:
  - Three days with no fever AND symptoms have resolved AND 10 days since symptoms first appeared.
  - If you tested positive for COVID-19, you can be around other people after:
    - Ten days have passed since positive test.

Learn More

- The Centers for Disease Control and Prevention (CDC): cdc.gov/coronavirus/2019-ncov
- Seek out local governmental resources and health departments.

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