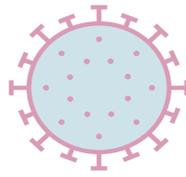


How Can I Prepare for Self-Isolation?

March 12, 2021



You should self-isolate if you have symptoms such as fever, cough, shortness of breath, chills, shivering, muscle pain, headache, sore throat or new loss of taste or smell.



Self-isolation helps prevent the spread of disease by separating people who are sick from people who are not sick.



Staying home is important. Do not go to work, school, or other public places. Have enough supplies for 14 days.



ITEMS TO HAVE IN YOUR HOME

- Food and water
Note: Non-perishable and frozen foods keep well for 14 days
- Prescription medications
- Cleaning supplies
- Hand soap/hand sanitizer
- Pet food
- Toilet paper, paper towels, tissues
- Thermometer, anti-diarrhea and fever reducing medications
- Phone/tablet/computer charger
- Face mask (to use when going to medical appointments)
- Disposable gloves (for handling laundry and garbage)



INSTRUCTIONS TO FOLLOW

- Keep sick people separated from other people and pets. If possible, the sick person should also use a separate bathroom.
- Monitor for symptoms of fever, cough and difficulty breathing. If they get worse, contact your health care provider but call ahead to let them know you are ill and wear a face mask when going to the medical facility.
- Do not share towels, eating utensils, or drinks.
- Minimize visitors to the home. Use a phone or computer to check up on friends and family.
- Wear a mask and disposable gloves when handling garbage, laundry, or linens.
- Wash laundry items in warm water with commercial laundry detergent.



WASH YOUR HANDS OFTEN

1. Before, during, and after you prepare food
2. Before you eat
3. After sneezing or coughing or blowing your nose
4. When your hands are visibly dirty
5. After touching commonly used items

If you do not have soap or water, use hand sanitizer that contains at least 60% alcohol.



Have Questions?

- General COVID-19 questions: call 1-800-962-1253
- COVID-19 questions and available resources: call 2-1-1 or text NJCOVID to 898-211
- Assistance with the NJ Vaccine Scheduling System (NJVSS) and vaccine appointment support: call 855-568-0545

Note: Although the risk that fully vaccinated people could become infected with COVID-19 is low, any fully vaccinated person who experiences symptoms consistent with COVID-19 should isolate themselves from others.