

## CITY OF PORTSMOUTH



### COVID-19 RETURNED TRAVELER SELF-QUARANTINE INFORMATION

If you have traveled in the last 14 days please follow these guidelines for self-quarantine. The 14 days extends from your return from your last potential exposure:

1. **Do not go out in public.**
2. Take your temperature with a thermometer in the morning and at night, and watch for cough or difficulty breathing. Keep a log where you write down the date, time, your temperature and any symptoms.
3. Take the temperatures of family members who are being monitored and cannot do so themselves. Family members who are not being monitored, do not need to keep a log.
4. Employees: Discuss your work situation with your employer *before* returning to work.
5. Do not take public transportation, taxis, or ride-shares.
6. Do not have any visitors to your house during this time.
7. Tell home health care/necessary in-home services, that you are under self-quarantine.
8. Keep your distance from others (about 6 feet).
9. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing and wash your hands promptly.
10. Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.
11. If you get sick with fever, cough, shortness of breath or gastrointestinal symptoms call your primary care physician.
12. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel.
13. If you have a medical emergency, call 911. BE SURE to tell them your symptoms and that you are being monitored for COVID-19.