

April 16 CDC Recommendations

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

If you or someone in your home might have been exposed to COVID-19

Self-Monitor

Be alert for symptoms. Watch for **fever,* cough, or shortness of breath**.

- Take your temperature if symptoms develop.
- Practice social distancing. Maintain 6 feet of distance from others, and stay out of crowded places.
- Follow [CDC guidance](#) if symptoms develop.

If you feel healthy but:

- [Recently had close contact](#) with a person with COVID-19, or
- Recently [traveled](#) from somewhere outside the U.S. or on a cruise ship or river boat

Self-Quarantine

- Check your temperature twice a day and watch for symptoms.
- Stay home for 14 days **and** self-monitor.
- If possible, stay away from people who are [high-risk](#) for getting very sick from COVID-19.

If you:

- Have been diagnosed with COVID-19, or
- Are waiting for test results, or
- Have symptoms such as cough, fever, or shortness of breath

Self-Isolate

- **Stay in a specific “sick room” or area** and away from other people or animals, including pets. If possible, use a separate bathroom.
- Read important information about [caring for yourself](#) or [someone else who is sick](#).