If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

1. **Stay home** from work, school, and away from public places. If you need help getting food or medicine call 2-1-1 or The POINT at 462-4444. Visit RIDelivers.com, Rhode Islanders' connection to help those living in quarantine and isolation due to COVID-19.

2. **Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.

3. **Get rest, stay hydrated, and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid locations where you may come into contact with others.

4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.

5. For medical emergencies, call 9-1-1 and **notify the dispatch personnel** that you have been exposed to COVID-19.

6. **Take everyday actions** to prevent the spread of germs.
   - Clean your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
   - Cover your cough/sneeze.
   - Avoid touching your eyes, nose, and mouth.

7. As much as possible, **stay in a specific room and away from other people** and pets in your home. Use a separate bathroom, if available.

8. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

9. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

10. **Make the best of your time at home** by teleworking, if you're able, or catching up on reading, exercising, or other hobbies.

To learn more, visit [covid.ri.gov/whattodo](https://covid.ri.gov/whattodo)