

# Coronavirus COVID-19 Self-Quarantine Guidance



Dayton &  
Montgomery  
County

**This guidance is for people who are undertaking self-quarantine.  
You must stay at home for the required quarantine period of 14 days  
as directed by Public Health - Dayton & Montgomery County.  
If you have questions call Public Health at 937-609-2034.**

## Self-Quarantine Guidance

- You should remain in your home.
- Do not go to work, school, public areas or events.
- Do not use taxis or public transportation until you have been told it is safe to do so.
- Ask for help if you require groceries, other shopping or medications, during your isolation period.
- If required, ask someone to take your children to school.
- Separate yourself from other people in your home by at least 6 feet.
- Stay on your own in a well-ventilated room (windows opened regularly) with the door closed.
- Use a separate bathroom/toilet, if available.
- Clean bathroom/toilet after every use.
- Do not invite visitors (including friends and family) to your home.
- Do not make contact with people at the front door.
- Wash hands often with liquid soap and water for at least 20 seconds.
- Alcohol-based hand sanitizer can be used if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use disposable paper towels to dry your hands. Avoid sharing household items.
- Do not share eating utensils, towels, bedding or other items with other people.
- Wear a face mask when you are in the same room with other people, minimize contact with other people even if you are wearing a face mask.

## Monitoring and Reporting

- Use a thermometer to take your temperature twice a day, once in the morning and once at night.
- Record your temperature.
- If you develop a fever over 100.4 degrees fahrenheit and/or illness symptoms of cough, shortness of breath or difficulty breathing. Call public health immediately at 937-609-2034

**Your monitoring will end on \_\_\_\_\_**

**Public Health will provide you a “completion of monitoring” letter for work or school.**

**The use of protective masks are not recommended for those who are not sick,  
other than healthcare or EMS workers.**