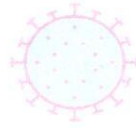


How Can I Prepare for Self-Isolation?



You should self-isolate if you are experiencing symptoms such as fever, cough and shortness of breath.



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 outside, 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?

Call the COVID-19 call center at 1-800-222-1222 or 1-800-962-1253 if in NJ but using a non-NJ cell-phone.