HOW TO HAVE ON HAND
Some people may quarantine in their own room or residence; others may need to relocate. In some circumstances, individuals may quarantine together. During this time, you will want to have enough clean clothes for the entire 14-day period, as well as a pillow and blanket, your cellphone, and laptop. You will also need a toiletry kit, eyewear, and any prescription and non-prescription medications.

YOUR SELF-CARE KIT
Be prepared with a self-care kit that contains:
- Digital thermometer (for daily use)
- Hand sanitizer (for times you can’t wash)
- Alcohol wipes (for cleaning, as needed)
- Water bottle (stay hydrated!)
- Temperature and symptom log (see next page)

WHAT TO WATCH FOR...
Symptoms related to COVID-19 include:
- Fever (above 100.4°F)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

In more severe cases, infection can cause pneumonia and other complications, especially for older individuals and those with other health conditions.

If you develop symptoms of COVID-19, isolate immediately and call your healthcare provider for further guidance.

MONITORING YOUR SYMPTOMS DURING QUARANTINE
Please take your temperature twice daily and record your symptoms on the health log located on the next page. If you develop symptoms or need medical triage/help while in quarantine, please call your healthcare provider to determine if you should leave the premises to seek medical attention.

WHILE YOU’RE IN QUARANTINE
- Remain in your home or room for the 14-day period. Do not go out, except when recommended by a medical professional.
- Maintain distance (approximately 6 feet or 2 meters) from others.
- If sharing a bathroom, the person who is quarantining should clean and disinfect the frequently touched surfaces in the bathroom after each use.

If you must leave your home try to do so during off-hours and avoid places where people are congregating. Wear a face covering at all times.
## COMMON FEELINGS
Everyone reacts differently to stressful situations that require changes in location or behavior. When you're out of circulation, you may experience a range of feelings, including:

- Anxiety, worry, or fear related to your health status or that of others
- Anger or resentment at the inconvenience
- Worry about not having your things with you or not doing your usual routine
- Uncertainty or concern about how long you will need to remain in this situation
- Excitement to have some alone time to rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder

The Employee Assistance Program (EAP) is here to support you, with confidential access to professional counselors who will assess your needs, provide a listening ear, and connect you with the appropriate trained specialists and community resources.

## Your Daily Health Log

Please record your temperature twice daily and write down any symptoms or concerns.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>AM TEMP (°F)</th>
<th>PM TEMP (°F)</th>
<th>SYMPTOMS (COUGH, SHORTNESS OF BREATH, ETC.)</th>
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*If your temperature is >100.4°F, or if you feel like you have a fever, and you have a cough or shortness of breath, call your healthcare provider to discuss symptoms. Note: COVID-19 symptoms and some cold/flu symptoms can be similar.*