

If you are having a cough, fever, or sneezing you are contagious and we recommend you self quarantine and call your provider at their clinic. Do NOT go to the emergency room unless you have a 911 emergency or go to the clinic until instructed to do so by your provider.

Self Quarantine Prescription

(YOU ARE CONTAGIOUS-You can give this to others!)

* Go home until symptoms are over. (May take up to 14 days)
* Stay home until symptoms are over. (May take up to 14 days)
* Allow no visitors into your home. (NONE-NO EXCEPTIONS)
* Keep 6 foot distance between you and other people in your home.
* Improve hygiene—frequent hand washing and cleaning of personal spaces by everyone.
* Have someone deliver your groceries, medications, and essentials. Do NOT go shopping. (YOU ARE CONTAGIOUS!) Have someone get your medications for you.

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