Instructions for 14 Days of Quarantine

- Stay home
- Air out house
- Stay in a separate ventilated room
- Wear a mask
- Wash hands with soap
- Separate the laundry
- If possible, use separate bathrooms
- Avoid touching common objects
- No visitors
- Regularly disinfect surfaces
- In an emergency call 911

CONTACT 311 FOR A HEALTH CLINIC NEAR YOU
Please tell the operator if you need an interpreter of your language.

montgomerycountymd.gov/covid19