

# What does a self-quarantine look like?

March 23 2020

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(HealthDay)—Many Americans are choosing—or have been told—to self-quarantine to slow the spread of COVID-19.

Doctors at the University of Texas Health Science Center at Houston break down what that is supposed to look like.

Isolation separates [sick people](#) from those who are not sick, while quarantine restricts the movement of people exposed to a [contagious disease](#) to monitor if they become sick, said Dr. Luis Ostrosky, a professor of infectious diseases.

His colleague, Dr. Susan Wootton, an infectious disease pediatrician, explains how to self-quarantine:

- Separate yourself from people and pets in your home.
- Stay home unless you are seeking medical attention.
- Call your doctor before visiting.
- Only wear a face mask if you are sick.
- Wash your hands and clean "high-touch" surfaces such as doorknobs, toilet handles and remote controls.
- Cover coughs and sneezes.
- Do not share personal household items.
- Monitor your symptoms.
- Check with health care providers before you stop quarantining.

It is especially important to monitor your health if you may have had close contact with a person who has been exposed to or developed COVID-19. Symptoms include fever, cough and trouble breathing.

"Infection control and prevention efforts by patients with COVID-19, their [household members](#) and their [health care providers](#), in combination with contact tracing activities, are key to limiting the community spread of disease," Wootton said in a university news release.

**More information:** The U.S. Centers for Disease Control and

Prevention has more on [COVID-19](#).

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Citation: What does a self-quarantine look like? (2020, March 23) retrieved 19 November 2023 from [https://medicalxpress.com/news/2020-03-self-quarantine\\_1.html](https://medicalxpress.com/news/2020-03-self-quarantine_1.html)

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