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### What does it mean to “self-quarantine?”

If you are asked to self-quarantine after being exposed to a confirmed COVID-19 case or returning from a country listed as Level 3 on the CDC’s COVID-19 travel advisories page, you should stay home — in your room, your apartment, or your house. Do not go to work, classes, athletic events, or other social gatherings until 14 days after the date of your last potential exposure. Follow these guidelines for self-quarantine:

- Report your temperatures and any symptoms you may experience to the Department of Health twice a day. You will be sent a prompt via email to complete a couple questions about your temperature and symptoms at 7 AM and 4 PM.
- Report any symptoms of COVID-19 immediately to the City of St. Louis Department of Health Communicable Disease staff 314-657-1499 or contact your healthcare provider.
- Stay in your room, apartment or house. Do not go to work, classes, athletic events, or other social or religious gatherings until 14 days after your departure from the country in question.
- Limit contact with other people as much as possible. This includes isolating yourself as much as possible from anyone living in your residence.
- Cover coughs and sneezes with your upper arm or a tissue. Never cough in the direction of someone else.
- Wash your hands with soap and water, or use alcohol-based (60% or greater) hand sanitizer after coughing or sneezing or throwing a used tissue in the garbage.
- Avoid sharing household items. Do not share drinking glasses, towels, eating utensils, bedding, or any other items until you are no longer asked to self-quarantine.
- Keep your surroundings clean. If you are in a dorm, keep your living space(s) clean. While the virus is not spread very well from contact with soiled household surfaces, try to clean surfaces that you share with others, such as door knobs, telephones, and bathroom surfaces (or any other object that you sneeze or cough on), with a standard household disinfectant such as wipes, sprays, or diluted bleach (10% dilution). Wash your hands after cleaning the area.