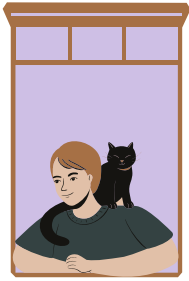


# How to quarantine when you think you have COVID-19

"I want to protect my loved ones, especially my grandma who has COPD"-Jenny, the favorite granddaughter



If you have been exposed to COVID-19, you should go get tested and then quarantine. Quarantining keeps you from spreading the virus unknowingly.

If you have been exposed to COVID-19, quarantine for **14 days** or until you get a **negative COVID-19 test**.



The best way to quarantine is to stay at home. That isn't always realistic. So if possible, do not utilize crowded places, like super markets or public transportation. If you do leave the house, social distance, wash your hands, and wear a mask to protect others.

If you have ANY symptoms, call a provider and seek care.



Is your heart racing? Are you feeling more fatigued than normal?



Are you having trouble breathing? Are you coughing uncontrollably?



Are you dizzy and lightheaded? Are your normal activities too difficult?



Check your temperature. Do you have a fever? Are you shaking?

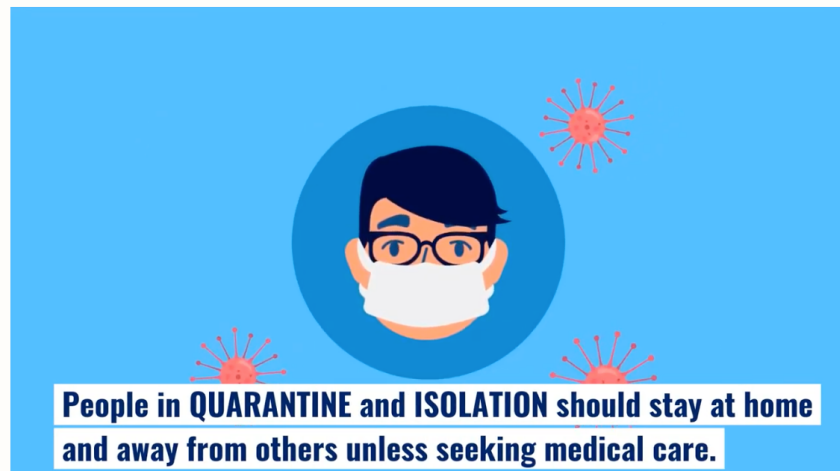


Can you smell and taste food? How is your appetite? Are you vomiting?

Wondering what the difference is between **Quarantine** and **Isolation**?

Watch this video on our website for more information:  
[denverpublichealth.org/HowToQuarantine](https://denverpublichealth.org/HowToQuarantine)

**PROTECT**  
your family



**People in QUARANTINE and ISOLATION should stay at home and away from others unless seeking medical care.**