

# RHODE ISLAND DEPARTMENT OF CORRECTIONS

## COVID-19: Quarantine Guide

If you have been identified as a contact to someone who tested positive with COVID-19, follow these guidelines:

- Stay home unless absolutely necessary or you are a First Responder!
- Do not take public transportation, taxis or ride-shares
- Do not have any visitors to your house during this time
- If you need to seek medical care for other reasons, call ahead to your healthcare provider and tell them **you are under COVID-19 quarantine.**
- If you have a medical emergency, call 911. Tell them your symptoms and that you under COVID-19 **quarantine.**

### Monitoring Your Symptoms

It is important to **take your temperature daily** and **closely monitor for symptoms** while self-quarantining. Symptoms may appear 2-14 days after exposure to the virus.

#### Symptoms to watch for:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

**Contact your healthcare provider if you become ill. Notify your immediate supervisor right away if you have symptoms and make an appointment to get tested.**

### Protect Others

#### If you live with others:

- Designate a room for your exclusive use if you can – a bathroom, too, if possible.
- At a minimum, keep your distance (at least 6 feet) from others in your home.
- Wear a mask if you must be around other people.
- Disinfect high touch surfaces regularly.