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.