

# Instructions for 14 Days of Quarantine



**Stay home**



**Air out house**



**Stay in a separate ventilated room**



**Wear a mask**



**Wash hands with soap**



**Separate the laundry**



**If possible, use separate bathrooms**



**Avoid touching common objects**



**No visitors**



**Regularly disinfect surfaces**



**In an emergency call 911**

**CONTACT 311 FOR A HEALTH CLINIC NEAR YOU**

Please tell the operator if you need an interpreter of your language.

[montgomerycountymd.gov/covid19](https://montgomerycountymd.gov/covid19)

