

# Quarantined? What now?

## If you:

- Have been instructed by your unit commander/director to quarantine
- Have been instructed by the medical clinic to quarantine
- Have chosen to self quarantine

**This is the information for you!**

**If you have questions about COVID-19 symptoms, exposed locations, or think you may have been exposed, please call the 72d Medical Group's COVID-19 hotline at 405-582-6297**

**<https://www.tinker.af.mil/Home/COVID-19>**

## DO's and DONT's

### DO:

- Stay home unless it is an emergency
- If you have other members in your home, distance yourself if you are unable to be separated
- Continue to wash your hands and follow other sanitary measures
- Stay in quarantine until you've completed the entire duration - even if you feel better
- Wipe down areas in your home that you've come in contact with during your quarantine
- Keep other members of your home in quarantine if you were in close contact with them
- Stay hydrated

### DO NOT:

- Leave your area of quarantine, even if it's just for a few minutes
- Have close contact with members of your household
- Allow unnecessary personnel in your home
- Leave quarantine or isolation if you start to feel better after a few days