In order to mitigate the spread of COVID-19 transmission in the Lawton/Fort Sill area, Service Members, DoD civilians, family members and contractors may be medically directed to quarantine based on recent travel or contact with a positive COVID-19 patient. Isolation may be medically directed due to COVID19 / flu like symptoms or due to positive COVID-19 test results. If directed to quarantine or isolate at home by medical personnel or a unit commander, you should quarantine or isolate in your residence until directed otherwise. Self-monitor for signs and symptoms. During a 14 day quarantine / 10 day isolation, your movement should be restricted and you must practice social / physical distancing from others. Please note, having symptoms within the last 72 hours of your quarantine / isolation will result in an extension of quarantine / isolation period.

The following guidance will help keep you, your family, and our community safe.

- **Remain in your residence and avoid close contact with others during quarantine / isolation.**
- **Wear a mask or facial covering when others are present and practice social distancing by maintaining at least 6 feet of separation from others at all times.**
- **Wash your hands frequently, avoid touching your eyes, nose, and mouth to reduce the risk of infection or transmission.**
- **Avoid all public locations, events, social gatherings, and public transportation (examples include: fitness centers, child development centers, retail stores, food establishments, grocery stores, religious services, schools, etc.).**
- **Stay in a dedicated area of the home (separate bedroom and bathroom).**
- **Monitor for signs and symptoms (fever, cough, or shortness of breath).**
- **Take your temperature twice daily and record on a temperature log.**
- **If you start to experience symptoms or feel ill at any time call the Fort Sill Public Health Line at 580-917-8475 or contact your medical provider.**
- **Avoid sharing household items (drinking glasses, eating utensils, towels, etc.).**
- **Maintain/clean home daily by wiping off contact surfaces with household disinfectant.**
- **Keep bathrooms clean and wipe down all surfaces after use with disinfectant.**
- **Wash personal clothing, uniforms, and bedding in washer with laundry detergent and dry on warmest temperature setting according to label instructions.**
- **Conduct physical training in your home or outdoors away from others (> 6 feet).**
- **Stop all visitors from entering your home during this period.**
- **Coordinate with family, friends, or unit to deliver groceries and other necessities.**
- **Limit contact with pets and animals.**

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**Fort Sill Public Health Line**
**580-917-8475**
Coronavirus Disease 2019 (COVID-19): 10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

1. **Stay home** from work, school, and away from public places. If you must go out, avoid using public transportation, ridesharing, or taxis.

2. **Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.

3. **Get rest, stay hydrated, and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid the gym or other locations where you may come into contact with others.

4. **If you have a medical appointment**, call the healthcare provider ahead of time and tell them that you have been exposed to COVID-19.

5. **For medical emergencies**, call 911 and notify the dispatch personnel that you have been exposed to COVID-19.

6. **Take everyday actions** to prevent the spread of germs.
   - Clean your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60% alcohol
   - Cover your cough/sneeze
   - Avoid touching your eyes, nose, and mouth

7. **As much as possible, stay in a specific room and away from other people** and pets in your home. Use a separate bathroom, if available.

8. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

9. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

10. **Make the best of your time at home** by teleworking if you’re able or catching up on reading, exercising, or other hobbies.

Visit the Center for Disease Control (CDC) for more information on COVID-19
www.cdc.gov