



Home Self-Quarantine / Self-Isolation Guidance for COVID-19

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.**

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

