



Where Your Doctor Works for YOU!

Dr Leto Quarles MD * 2503 Walnut St #200 * Boulder CO 80302 * 303-557-2250 * www.taketwohealth.com

CORONAVIRUS (COVID-19): HOW TO QUARANTINE

What is the Difference between Social Distancing and Quarantine?

Social Distancing = *basic protections we ALL should all be following in this pandemic:*

- Stay home except for essential activities:
 - ◆ Survival (pick up groceries, prescriptions, etc)
 - ◆ Health & Well-Being (walk a pet, get fresh air, etc - don't expose others!)
 - ◆ Crucial Business (healthcare, food, safety, communications, etc)
- Stay at least 6 feet away from others outside household
- Don't visit loved ones, especially ill or high risk (but DO drop off supplies!)
- Wear a fabric mask over nose/mouth when out
- Don't share food, drink, cosmetics, phones, or other items that go near face
- DO call, write, and videochat to keep up support and connection
- Wash your hands!

Quarantine = *extreme protections if possibly contagious or at high medical risk:*

- NO household contact: stay at least 6 feet away, separate "sick room"
- Separate bathroom if possible (if not: separate towel, clean after every use)
- Wipe down surfaces with Lysol, Clorox, or 1:10 solution of diluted bleach/water:
 - ◆ doorknobs & handles
 - ◆ phones
 - ◆ computer keyboard
 - ◆ all shared items
 - ◆ new supplies when taken in
 - ◆ lightswitches & home tech
 - ◆ countertops, tables, etc
 - ◆ sinks (kitchen & bathroom)
 - ◆ toilet seats and toilets
 - ◆ shower or tub
- Friends, family, or delivery professionals can leave essentials outside your door
- Have delivery person call so you can bring your items in without contact
- Voice or video contact with loved ones each day!

Who Should Quarantine?

- If exposed or ill: at least 14 days, or until all symptoms gone + 3 more days
- Caregivers (both personal and professional) of persons who are ill
- Vulnerable Persons Age 65 & Up, or at High Medical Risk:
 - ◆ Asthma, COPD or Chronic Lung Disease
 - ◆ Heart Disease, including High Blood Pressure (even controlled on meds)
 - ◆ Diabetes, Liver Disease, or Cancer
 - ◆ Autoimmune Disease, Immunocompromised, or Immunosuppressed



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