

An Important Note About What Quarantine Means

The Centers for Disease Control (CDC) **defines quarantine as:**

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

For those who are quarantined, please understand that this means:

- No trips outside the home
- Separation from others, even in the home, to the extent possible
- No participation in sports or other activities - period.
- Following mitigation practices (masks, handwashing, etc) at all times
- Monitoring your health/health of children for symptoms as outlined below

Possible COVID-19 Symptoms

- Fever of 100 or Higher
- Cough
- Shortness of Breath
- Difficulty Breathing
- New Loss of Taste or Smell
- Sore Throat
- Runny Nose/Congestion
- Chills
- Muscle Pains
- Nausea and/or Vomiting
- Headache
- Diarrhea