Below are practical tips to look after your health during quarantine or isolation. Anyone can follow this advice.

**STAY at home**
- Use a separate bedroom and bathroom if possible.
- If not, limit contact with the individual.
- Stay hydrated and get plenty of rest.

**WEAR a face mask**
- Have the suspected or confirmed COVID-19 individual wear a face mask that covers the mouth and nose while around others.
- Fabric masks should be washed after every use or changed when moist.

**WASH hands often**
- Wash hands with soap and water for at least 20 seconds.
- Use hand sanitizer that is at least 60% alcohol.

**DON’T share items**
- Avoid sharing dishes, towels, bedding, food, drinks, electronics (cell phones), etc.

**DISINFECT surfaces**
- Clean tables, door knobs, light switches, phones, toilets, faucets, etc., regularly.
- Use disinfectant products or soap and water.

**MONITOR symptoms**
- Track symptoms such as fever, cough, and shortness of breath.
- If suspected of COVID-19, check temperature twice a day.

**EMERGENCY signs**
- Trouble Breathing?
- Persistent pain or pressure in the chest?
- Confusion or inability to wake up?
- Blush lips or face?
- If signs are present, get immediate medical attention.

Stay safe and stay healthy

Developed by: Lea Moser, MPH

Rocky Mountain Tribal Leaders Council
2090 3rd Ave N, Suite 300 | Billings, MT 59101
406-252-2950 | www.rmtlc.org | RMTLC@RMTLC.org