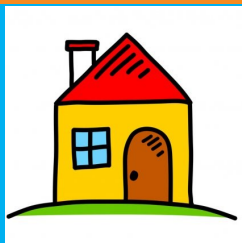


Quarantine

Survival Guide

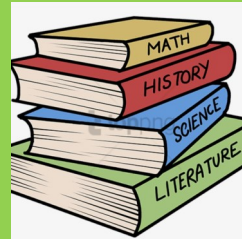
1



Stay at home

Protect yourself and others by staying in your own home. This is not the time to be in public places. For the duration of your quarantine, stay in your home environment.

2



Keep up with school work

Learning continues during quarantine. Your teachers will provide you with access to lessons and assignments. Quarantine isn't vacation, so complete your school work.

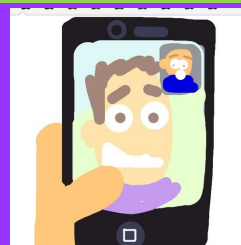
3



Exercise, eat healthy, and rest

Make time for physical activity. Choose healthy foods. Get a good night's rest. These three things help protect you from serious illness.

4



Connect with friends online

Maintain contact with family and friends by calling and texting. Use social media. Although you can't physically be together right now, you still have plenty of ways to be with your friends.

5



Follow the doctor's orders

Listen to and follow the advice of doctors and nurses. They are working to protect all of us. If you have questions, call your doctor's office.

Buhl Regional Health Foundation

COVID Health Equity Team

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