Quarantine helps stop other people from getting sick.

If I travelled to certain places or was around people who were sick, I may need to be in quarantine.

A trusted adult, family member, or my doctor can help me know if I need to be in quarantine.

Being in quarantine doesn’t mean that I am sick.

If I was around someone who was sick, it can take 14 days until I get sick.

I may look healthy, but could make other people sick if I am around them.
I may need to stay away from other people until I know if I will get sick or not.

This means I should stay home.

I should wash my hands often and not share things like cups, towels, or utensils.

I should stay 6 feet away from other people in my house.

Quarantine can last 14 days.

If I am not sick after 14 days my doctor will let me know what I can do.