

Self-Quarantine Instructions

As community cases of coronavirus disease (COVID-19) increase, MD Anderson is taking additional steps to protect our patients, their loved ones and our workforce to reduce the spread of infection. You have been asked to self-quarantine for 14 days before your appointment at MD Anderson. The caregiver traveling with you to MD Anderson must also quarantine for 14 days. Avoid close contact with other members of your household who are not quarantining.

Follow these instructions to be ready for your appointment at MD Anderson.

Self-Quarantine at Home

Stay at Home

- Stay at home except to get medical care.
- Avoid sharing personal household items such as dishes, drinking glasses, cups, eating utensils, towels or bedding.
- Clean all “high-touch” surfaces every day, including counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.

Deliveries

- Any delivery of food or packages needs to be left outside of your home. **Do not** open the door with someone standing in front of it.
- Wash your hands **right away** after touching take out containers or other items delivered to you. **Do not** reuse these containers or bags. Throw them away.

Leaving Your House

- You may take a walk outside if you like. Try to go during a quiet time in your neighborhood.
- If you have a mask, wear it outside when walking through public spaces.
- Avoid touching any surfaces if you can.
- Sitting in any public space is not allowed.

Going Outside

- When outside, stay 6 feet away from others and **do not** spend more than 3 minutes near someone else.
- You may eat outside. Have your food delivered to you. **Do not** go to the restaurant or another location to pick it up.

Self-Quarantine at a Hotel

Deliveries and Housekeeping

- Any delivery or pick-up of food, laundry or personal supplies needs to be left outside of your hotel room. **Do not** open the door with someone standing in front of it.

- Wash your hands **right away** after touching take out containers or other items delivered to you. **Do not** reuse these containers or bags. Throw them away.
- For housekeeping services, please ask the housekeeper to step aside allowing six feet. Step into the hallway and remain six feet away from anyone else during this time. This may be a great time to take a walk as outlined below.

Leaving Your Room

- You may take a walk outside if you like. Try to leave your room during a quiet time in the hotel. Walk straight through the lobby to exit the hotel.
- If you have a mask, wear it outside of your hotel room when walking through public spaces.
- Try to be on the elevator alone. Avoid touching any surfaces if you can. Take a paper towel or tissue with you to use on door handles or elevator buttons.
- Sitting in any public space including the lobby area or restaurant is not allowed.

Going Outside

- When outside, stay 6 feet away from others and **do not** spend more than 3 minutes near someone else.
- You may eat outside. Have your food delivered to you. **Do not** go to the restaurant or another location to pick it up. Your order can be delivered to the front desk to pick up on your way out. Ask the front desk to call you when it arrives so you do not wait in the lobby.

Clean Your Hands Often

The best way to prevent the spread of infection is by washing your hands. Use soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Avoid touching your eyes, nose and mouth with unwashed hands. Try to wash your hands about 10 times a day.

Hand Washing Tips

Wet your hands and use enough soap for a good lather. Rub your hands together using friction for 20 seconds. Scrub all areas of your hands, including fingers. Rinse well with water. Dry your hands with a clean paper towel. Use a paper towel to turn off the faucet to keep your hands clean.

Hand Sanitizer Tips

Alcohol-based hand sanitizer kills the germs on your hands. Use it when your hands are not visibly dirty. Apply enough to cover your hands. Rub your hands together using friction for 20 seconds until the product is dry.

If your hands dry in less than 20 seconds, there was not enough sanitizer. Get more sanitizer and repeat for 20 seconds.

Self-Monitoring



- Monitor yourself for symptoms such as fever, cough or shortness of breath. If any of these symptoms develop, contact your care team **right away**.
- Use the tables below to track your temperature for the next 14 days. There are also tables for your caregiver or other family members to use. You may be asked to provide your daily temperatures.
- Take your temperature at about the same time in the morning and in the evening.

Name:

Week One		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Morning							
	Evening							

Week Two		Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	Morning							
	Evening							

Name:

Week One		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Morning							
	Evening							

Week Two		Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	Morning							
	Evening							

Traveling to MD Anderson

When it is time to travel to MD Anderson for your appointment, follow similar guidelines during your trip.

- Continue to wash or sanitize your hands often. You do not need to wear gloves.
- Wear a mask. Even a cloth mask will provide some protection.
- Avoid close contact with other people as much as possible. If you are flying, choose a window seat rather than an aisle seat.
- Wipe down surfaces you may touch including the tray table if on a plane.
- Consider bringing your own snacks whether flying or driving.

Resource

Visit the Centers for Disease Control and Prevention website for more information.
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>