



Who should self-quarantine for 14 days?

- Anyone who returned from traveling internationally
- Anyone who returned from a cruise ship
- Anyone who traveled to NY, NJ, CA or WA
- Anyone ordered to self-quarantine by a healthcare provider
- If you are exhibiting flu-like symptoms and seeking a medical diagnosis.

What should I do if I have an order to self-quarantine?

- Contact your Principal or immediate supervisor.
- Provide your healthcare Order to Self-Quarantine notification to Debbie Henriquez, Payroll Manager [and to the Monroe County School District Department of Human Resources.](#)
- If exhibiting flu-like symptoms and seeking a medical diagnosis, please notify your Principal or immediate supervisor and send an email to Debbie Henriquez, Payroll Manager at Debbie.Henriquez@keysschools.com and then send the doctor's note with the medical diagnosis as soon as possible. Upon approval, absences will be treated as Emergency Paid Sick Leave.

What does it mean to self-quarantine?

- You can still live with your family during self-quarantine, although the CDC recommends you stay in your own bed, use a separate bathroom and wear a facemask when around others.
- According to the CDC, "You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis."
- Perform hand hygiene frequently and avoid touching your eyes, nose, and mouth with unwashed hands.
- Stock up on supplies before self-quarantining and stay hydrated. Start a hobby to pass the time.
- Self-quarantine restricts the movement of people exposed but have not tested positive. Self-quarantine helps to limit that spread at home. The virus can reportedly be present in a person without symptoms. Health officials have used the measure as a precaution -- even when in many cases were a person has not officially contracted the virus.