

What to do if you're quarantined at home

Despite what you might see others doing, there's no need to hoard supplies for an extended stay at home.

Some people are trying to limit their contact with crowds by spending more time at home. And as public health officials scramble to limit the spread of the virus, many Americans who have been exposed to COVID-19 have been asked to quarantine themselves at home for 14 days.

What You Need: The Basics

Before going shopping, you need an action plan. Start by talking through what everyone in your household—especially those at high risk because of medical conditions or age—will do and need in the event of a COVID-19 outbreak in your community.

Put together an emergency contact list and learn about emergency procedures at your schools, childcare facilities, and places of work. And choose a room in your home where, if necessary, you'd be able to isolate a sick household member.

Next, make sure you have the recommended two week's worth of supplies of certain items.

- Hand cleanser:**
- Cleaning products:**
- Food:**
- Over-the-counter medicine:**
- Prescription drugs:**
- Laundry detergent:**
- Thermometer:**



What You Don't Need

- Face masks:** Although images of people wearing disposable face masks have become ubiquitous, the [CDC](#) suggests that it *“does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.”* The only people who need them are those who are sick or caring for others who are sick.
- Bottled water:** Because natural disasters like hurricanes and earthquakes often disrupt or contaminate municipal water supplies, water is often the first thing that people stock up on when a potential crisis looms. But [CDC](#) experts say there's no reason to doubt the integrity of your water supply in the current context.