

# Thank you



**ALBUQUERQUE AREA SOUTHWEST  
TRIBAL EPIDEMIOLOGY CENTER**

# Thanks for continuing to quarantine and keep the community safe and healthy!

## Why are you being asked to quarantine?

Because you were in close contact with, or live with someone, who tested positive for coronavirus

## How does quarantining keep the community safe?

Since you were in contact with someone who had COVID-19, you may develop COVID-19 too. By staying away from others while you are in quarantine, you are less likely to pass the virus to others. This helps stop the spread of COVID-19.

## While in quarantine, follow these daily steps:

- Stay home, or wherever you have chosen to complete your quarantine period
- Limit time spent around other people
- Answer daily calls or texts from the clinic or public health professionals- they will guide you through the process and let you know when it is safe to end quarantine. Talk to them if you need help taking time off from school or work, and to see if there are options for grocery or supply delivery in your area
- Monitor your health and let the clinic or your public health professional know if you develop any COVID-19 symptoms such as fever, cough, or shortness of breath

**For more information on COVID-19**

**Albuquerque Area Southwest Tribal Epidemiology Center**

<http://db.aastec.net/covid-19/index.html>

**Centers for Disease Control and Prevention**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**New Mexico Department of Health**

<https://cv.nmhealth.org/>