

## Request for Voluntary Quarantine

(Date)

Dear \_\_\_\_\_:

I am asking you to voluntarily quarantine yourself (or the following persons for whom you are the parent or legal guardian \_\_\_\_\_) because I have determined that you (they)<sup>1</sup> may have, or have been exposed to \_\_\_\_\_. I believe this is necessary because:

Quarantine means that you should not come into contact with other people. It protects your health and the health of others.

Please go and remain at \_\_\_\_\_ by \_\_\_\_\_.  
(Address) (Date and Time)

Based on what we now know about \_\_\_\_\_, you may need to stay there up to \_\_\_\_\_ days. We will be checking in on you and will let you know when it is safe for you to return to your normal activities.

If you have questions or need help, please call \_\_\_\_\_. Additional information about \_\_\_\_\_ is available at: [www.\\_\\_\\_\\_\\_](http://www._____). Fact sheets about this disease and the steps you should take to protect yourself and others are attached to this letter. Please take these steps to reduce the risk to yourself and others with whom you may have contact.

It is very important that you comply with this request for voluntary quarantine. Your health and the health of others depend on it.

If you do not comply with this request for voluntary quarantine we may use a detention order, enforced by the police, to assure your compliance.

Thank you for your cooperation and help during this public health emergency. Attached is information about available local resources you can reach by telephone or via the Internet. Included in the attached information is a description of how your basic needs (e.g. groceries, medications) can be met while you are quarantined.

\_\_\_\_\_  
Local Health Officer

\_\_\_\_\_  
(Date and Time)

<sup>1</sup> The remainder of this letter should be modified if being delivered to the parent or guardian of dependents. The parent or guardian should be given the choice to be quarantined with the dependent. If the parent or guardian does not choose to be quarantined with the dependent, then the parent/guardian is responsible for making arrangements for the dependent's care and appropriate level of supervision.