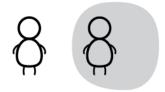
How to self-isolate for COVID-19



apartment or condo?

You can save lives if you stay home. If you are infected with COVID-19, you can infect many people. This includes older relatives and neighbours.

20 seconds



Wash hands often. **Do not** touch your face.



Watch your symptoms for 14 days



Clean and disinfect your
home often



Live in an

Use elbows or knuckles for elevator buttons



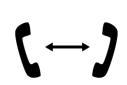
Use paper towel to touch the garbage chute



Get food and groceries delivered



Work from home or stop work



Stay in contact by **phone** and **online**

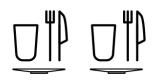


Take the stairs when possible



Push automatic door openers with **elbows or knuckles**

What to do if you live with other people and are sick



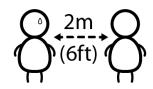
Use different cups and dishes. Clean and disinfect them often.



Stay in **different areas**. Use a **different bathroom** if possible



Wash your hands **before and after** petting pets, or try not to pet them



Keep 2 meters apart or wear a mask

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