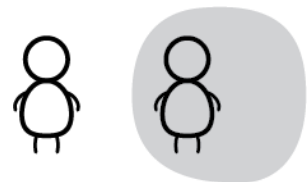


How to self-isolate for COVID-19



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.



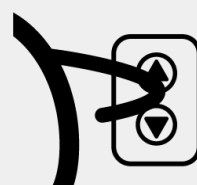
14 days

Watch your
symptoms for **14 days**



Clean and disinfect your home often

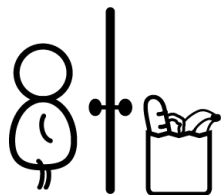
Live in an apartment or condo?



Use elbows or knuckles for elevator buttons



Use paper towel to touch the garbage chute



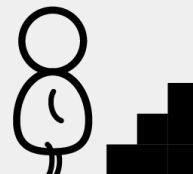
Get **food** and **groceries delivered**



Work from home or stop work



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



Take the stairs when possible

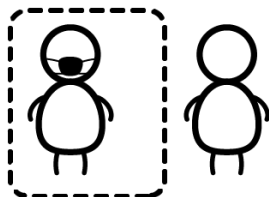


Push automatic door openers with **elbows or knuckles**

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



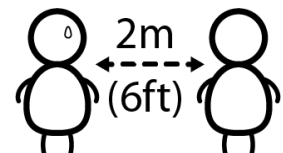
Use different cups and dishes. Clean and disinfect them often.



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**

2020.03.24