

# SELF- QUARANTINE PROCEDURES

**Self-quarantine** is recommended for individuals who have been directly exposed to the new Coronavirus or have a history of travel in infected or heavily populated areas.

## STAY AT HOME

Limit all travels, unless going out for food, medicine and other essentials

## CHECK YOUR TEMPERATURE

at least two times a day

## WATCH OUT FOR OTHER SYMPTOMS

Covid-19 symptoms include fever, cough, difficulty breathing, and fatigue



# **SYMPTOMS TO LOOK OUT FOR**

## **CONTACT MEDICAL HELP IF:**

- **YOU DEVELOP WORSENING SYMPTOMS**
- **YOU HAVE BEEN IN CLOSE CONTACT WITH A**
- **PERSON KNOWN TO HAVE COVID-19**
- **YOU LIVE IN OR HAVE RECENTLY BEEN**
- **IN AN ON AREA WITH ONGOING**
- **SPREAD OF COVID-19**



**FEVER**

**COUGH**

**SHORTNESS OF BREATH**