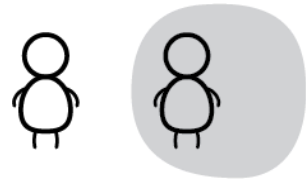
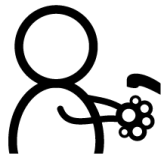


How to self-isolate for COVID-19

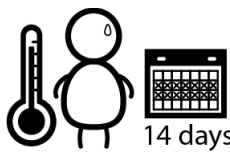


You can save lives if you stay home. If you are infected with COVID-19, you can infect many people. This includes older relatives and neighbours.

20 seconds



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

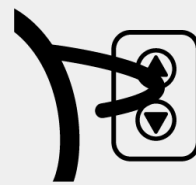


Watch your **symptoms** for **14 days**



Clean and disinfect your home often

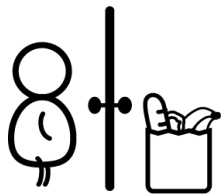
Live in an apartment or condo?



Use elbows or knuckles for elevator buttons



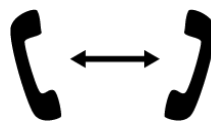
Use paper towel to touch the garbage chute



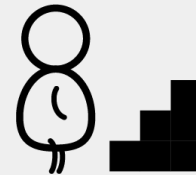
Get **food** and **groceries delivered**



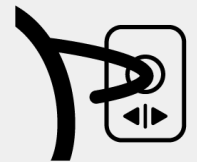
Work from home or stop work



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



Take the stairs when possible

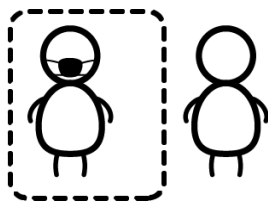


Push automatic door openers with **elbows or knuckles**

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



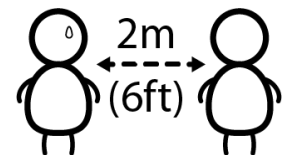
Use different cups and dishes. Clean and disinfect them often.



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**