

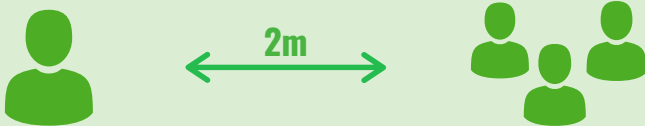
COVID-19 Self-Isolate vs. Self-Monitor

How to Self-Isolate

- 1 STAY HOME**. Do not go to work, school or any other public place.



- 2** Avoid contact with those **outside of your household**. Avoid visitors, unless essential (ie. caregivers). Always maintain physical distancing.



- 3** **Wash your hands** often, and cover your coughs and sneezes.

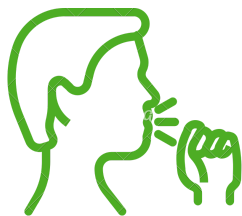


- 4** Within your household, **wear a mask/ face covering** around others. Keep your distance, stay in a separate room and if possible, use a separate bathroom.



How to Self-Monitor

- 1** Monitor for any COVID-19 symptoms for **14 days** after exposure.



- 2** **Wear a mask/ face covering** whenever you are unable to maintain a physical distance.



- 3** Avoid public spaces and places where you cannot easily separate yourself from others (a minimum of **2 metres**) if you become ill.



- 4** If you develop symptoms, **immediately self-isolate** and seek further assessment.

