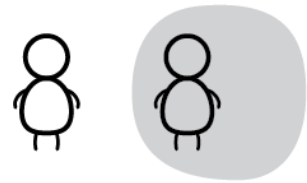


How to self-isolate for COVID-19



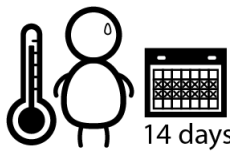
If you are infected with COVID-19, you are likely to infect many people—including older relatives and neighbours.

You can save lives if you stay home.

20 seconds



Wash hands often, avoid touching your face.



Monitor your symptoms for 14 days

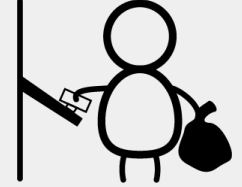


Clean and disinfect your home often

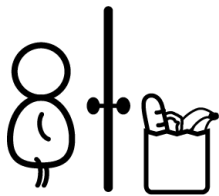
Live in an apartment or condo?



Use elbows or knuckles for elevator buttons



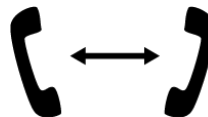
Use paper towel to touch the garbage chute



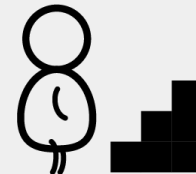
Use contactless delivery for groceries and food



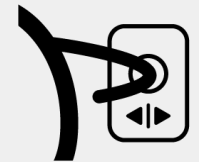
Arrange to work from home if possible



Stay connected by phone and social media only.



Take the stairs when possible

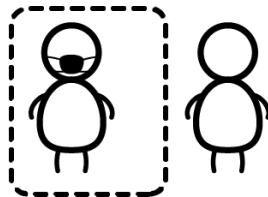


Push automatic door openers with elbows or knuckles

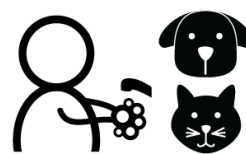
What to do if you live with other people and are sick



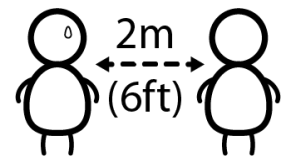
Use separate cups and dishes, cleaning and disinfecting them often



Stick to separate areas and use a separate 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