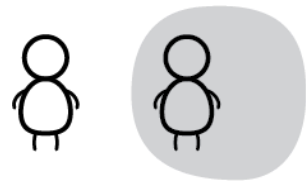
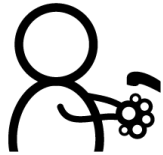


# How to self-isolate for COVID-19

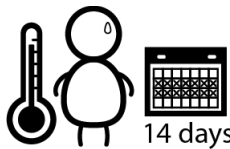


If you are infected with COVID-19, you are likely to infect many people—including older relatives and neighbours.  
**You can save lives if you stay home.**

20 seconds



**Wash hands often, avoid touching your face.**

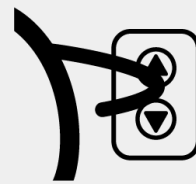


**Monitor your symptoms for 14 days**



**Clean and disinfect your home often**

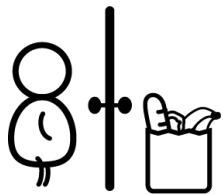
## Live in an apartment or condo?



**Use elbows or knuckles for elevator buttons**



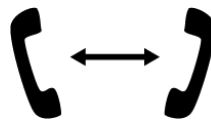
**Use paper towel to touch the garbage chute**



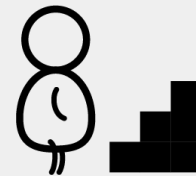
**Use contactless delivery for groceries and food**



Arrange to **work from home** if possible



**Stay connected by phone and social media only.**



**Take the stairs** when possible

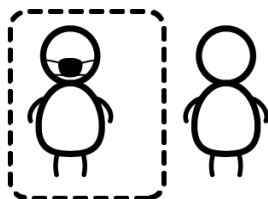


Push automatic door openers with **elbows or knuckles**

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



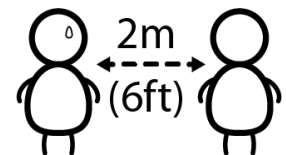
**Use separate cups and dishes**, cleaning and disinfecting them often



**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