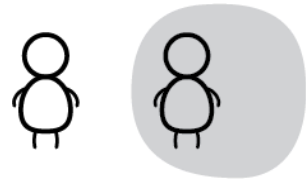
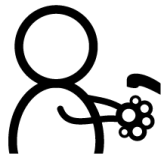


# How to self-isolate for COVID-19

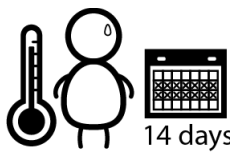


**You can save lives if you stay home.** If you are infected with COVID-19, you can infect many people. This includes older relatives and neighbours.

20 seconds



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

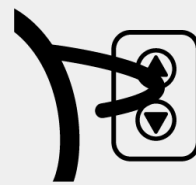


Watch your **symptoms** for **14 days**



**Clean and disinfect** your home often

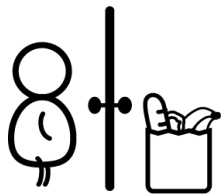
## Live in an apartment or condo?



**Use elbows or knuckles** for elevator buttons



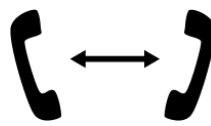
**Use paper towel** to touch the garbage chute



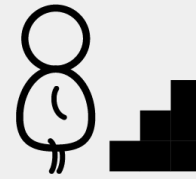
Get **food** and **groceries delivered**



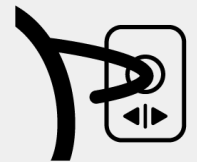
**Work from home** or stop work



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



**Take the stairs** when possible

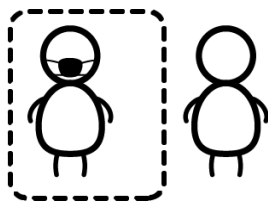


Push automatic door openers with **elbows or knuckles**

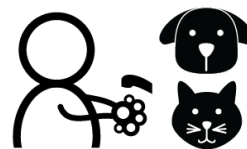
## What to do if you live with other people and are sick



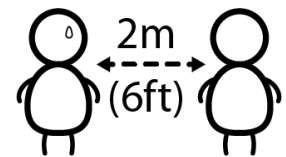
**Use different cups and dishes.** Clean and disinfect them often.



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**