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## Guidelines for self-isolation

Self-isolation means avoiding situations where someone may come in contact with others, such as social gatherings, work, school/university, child care, athletic events, faith-based gatherings, healthcare facilities, grocery stores, restaurants, shopping malls, and any public gatherings.



Avoid public transportation including buses, taxis, or ride sharing.



As much as possible, limit contact with people and avoid having visitors to your home. Use delivery or pick up services for errands such as grocery shopping.



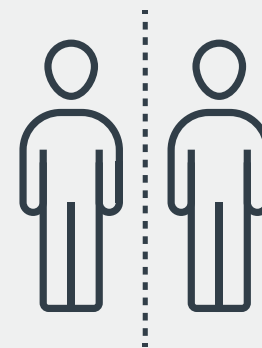
It is okay for friends, family or delivery drivers to drop off food or other things you may need.



In the home; avoid contact with others (keeping a distance of at least two metres) and wear a mask that covers their nose and mouth.



If you need to leave your home for an urgent errand, such as picking up essential medication, wear a surgical mask while you are out.



Stay in separate rooms and using separate bathrooms if possible.