

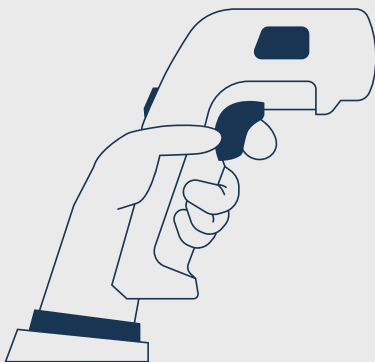
SELF-QUARANTINE PROCEDURES

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have a history of travel in infected or heavily populated areas.



STAY AT HOME

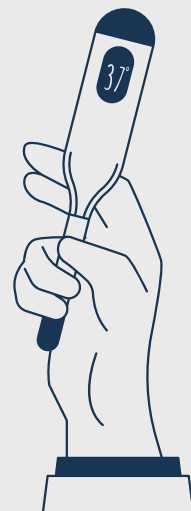
Limit all travels, unless going out for food, medicine and other essentials



CHECK YOUR TEMPERATURE
at least two times a day

WATCH OUT FOR OTHER SYMPTOMS

COVID-19 symptoms include fever, cough, difficulty breathing, and fatigue





PRACTICE SOCIAL DISTANCING

If you need to go out, maintain at least 2m (6ft) distance from others



WASH YOUR HANDS WITH SOAP AND WATER

You can also use alcohol or hand sanitizer

STAY IN A DESIGNATED ROOM
and use designated toilet/bathroom if possible



CALL YOUR DOCTOR OR HOSPITAL BEFORE VISITING

If you need medical attention (whether for viral symptoms or other medical care reasons), contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival

Source: Centers for Disease and Control and Prevention