WHAT IS SELF-ISOLATION?

Self-isolation means separating yourself from others to reduce the spread of COVID-19:

- Stay home. Ask others for help getting essential supplies.
- Do not have visitors in your home.
- Do not go outside. Open a window for good airflow.
- Avoid contact with others in your own home.
- Use a separate bedroom and bathroom, if you can.
- Don’t share household items. Clean regularly touched items often.