

WHAT IS SELF-ISOLATION?

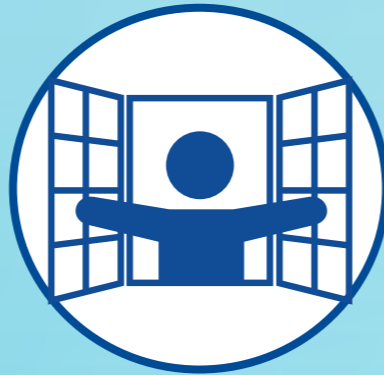
Self-isolation means separating yourself from others to reduce the spread of COVID-19:



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.