

Coronavirus (COVID-19) Self-Isolation

Self-isolation is a voluntary step about protecting others and slowing down the spread of COVID-19 by staying home and monitor yourself for symptoms of COVID-19 for 14 days. During this period avoid close contact with other people as much as possible.

Self-Isolation:

What and why you need self-isolation?

You have no symptoms and

- A history of possible exposure to the novel coronavirus due to travel outside of your country of residence
- You are in close contact with a person diagnosed with COVID-19
- Your Public Health Authority has identified you as a close contact of someone diagnosed with COVID-19

What to do in self-isolation?

- Stay at home and monitor yourself for symptoms of COVID-19, even if mild, for 14 days
- Avoid contact with other people to prevent the possible spread of the virus
- Obtain a supply of surgical masks (enough for 14 days)
- Frequent use of soap, water and/or alcohol-based hand sanitizer to clean your hands
- Watch for symptoms in yourself or a family member
- Stay in touch with family members and friends by telephone, email or social media
- Ask someone to get food and other necessities for you and leave them at your front door
- If you have to visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat

What to do if you develop symptoms?

- If you develop symptoms, even if mild, within 14 days of returning, or within 14 days of last contact of a confirmed case, then isolate immediately, stay home, avoid other people, and contact your local Coronavirus (COVID-19) helpline or a health care provider or Public Health Authority immediately, you may need a laboratory test

For more information on Coronavirus (COVID-19) visit www.educateyourhealth.com