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| **How to self-isolate for COVID-19** | | | |  | |
| **You can save lives if you stay home.** If you are infected with COVID-19, you can infect many people. This includes older relatives and neighbours. | | |  | **Live in an  apartment or condo?** | |
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| Wash hands often. **Do not** touch your face. | Watch your **symptoms** for **14 days** | **Clean and disinfect** your home often |  | **Use elbows  or knuckles** for elevator buttons | **Use paper towel** to touch the garbage chute |
|  |  |  |  |  |  |
| Get **food** and **groceries** **delivered** | **Work from home** or stop work | **Stay in contact** by **phone** and **online** |  | **Take the stairs** when possible | Push automatic door openers with **elbows or knuckles** |

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| **What to do if you live with other people and are sick** | | | |
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| **Use different cups and dishes.** Clean and disinfect them often. | Stay in **different areas**. Use a **different bathroom** if possible | Wash your hands **before and after** petting pets, or try  not to pet them | **Keep 2 meters apart** or **wear a mask** |