

#ITISINYOURHANDS

Take responsibility in educating yourself to fight the pandemic

QUARANTINE

- An individual who has been exposed to a confirmed case of COVID-19
- Separated from healthy individuals
- Mask to be worn at all times
- To maintain social distancing, hand washing and sanitizing
- If sharing bathroom facilities, disinfect after use
- No visitors should be allowed in your home
- Do not leave your home until you have completed your quarantine period
- For 10 days, according to Department of Health guidelines

ISOLATION

- An individual who has been confirmed to have COVID-19
- Separated from healthy individuals
- The individual should not go out, have separate living and ablution facilities.
- Mask to be worn at all times
- No visitors should be allowed in your home
- Do not leave your home until you have completed your quarantine period
- For 10 days, according to Department of Health guidelines



Wear it when you go out



Try not to touch it



Wash it every 2 days



Make sure it covers nose & mouth