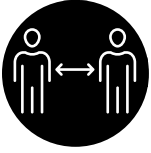


Consider printing this information and posting it somewhere in your house for easy reference.



Coronavirus Disease 2019 (COVID-19)

How to Self-Isolate



Avoid contact with others

- No outside visitors unless essential (e.g., care providers).
- Ask others to run your errands (ie grocery shopping).
- If you are working, make sure you keep a safe distance of 2 metres between you and co-workers and always wear a mask over your nose and mouth while at work.
- If others in your home are working, please make sure to keep a safe distance of 2 metres from them, ask them to wear a mask and wipe down commonly shared areas (kitchen and bathroom) with disinfectant.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Cover your coughs and sneezes

- Cough or sneeze into your upper sleeve or elbow, not your hand or
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a lined wastebasket and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house for any reason.
- Keep your mask over your nose and mouth at all times.

Please call your surgeon's office immediately if you develop any of the symptoms on the COVID-19 Patient Screening Tool.