

You should self-isolate if you...

- ✓ have symptoms of COVID-19
- ✓ are waiting for a COVID-19 test appointment or test results
- ✓ test positive for COVID-19

How to self isolate:

- ✓ Stay at home. Stay in your own room if possible, with a window open.
- ✓ Completely avoid contact with other people.
- ✓ Do not go to work or school. If you feel well enough to work remotely or home school, do that from your own room.
- ✓ Do not go outside unless you have your own outdoor space such as a garden or balcony.
- ✓ It is OK for friends, family or delivery drivers to drop off food or supplies.
- ✓ The people you live with should restrict their movements and get a test for COVID-19.

