

get the facts...

simplygarnett.com/covid19.html

SELF- QUARANTINE PROCEDURES

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have a history of travel in infected or heavily populated areas.

STAY AT HOME

Limit all travels, unless going out for food, medicine and other essentials

CHECK YOUR TEMPERATURE

at least two times a day

WATCH OUT FOR OTHER SYMPTOMS

Covid-19 symptoms include fever, cough, difficulty breathing, and fatigue



PRACTICE SOCIAL DISTANCING

If you need to go out, maintain at least 2m (6ft) distance from others)

STAY IN A DESIGNATED ROOM

and use designated toilet/bathroom if possible

WASH YOUR HANDS WITH SOAP AND WATER

You can also use alcohol or hand sanitizer



CALL YOUR DOCTOR OR HOSPITAL BEFORE VISITING

If you need medical attention (whether for viral symptoms or other medical care reasons), contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival

