get the facts...
simplygarnett.com/covid19.html

# SELFQUARANTINE PROCEDURES

**Self-quarantine** is recommended for indviduals 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

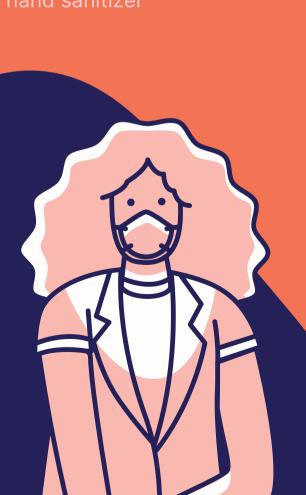
If you need to go out, maintain at least 2m (6ft) distance from others)

## 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