

# Procedures for Self-Quarantine under Covid-19

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

## Stay at home.

Limit all your non-essential travels.

*Unless you're going out for food, medicines or other essentials.*



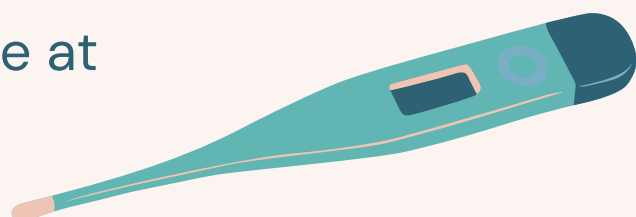
## Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



## Check your temperature.

Check your temperature at least two times a day.



## Watch for other symptoms.

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



## Stay in a specific room.

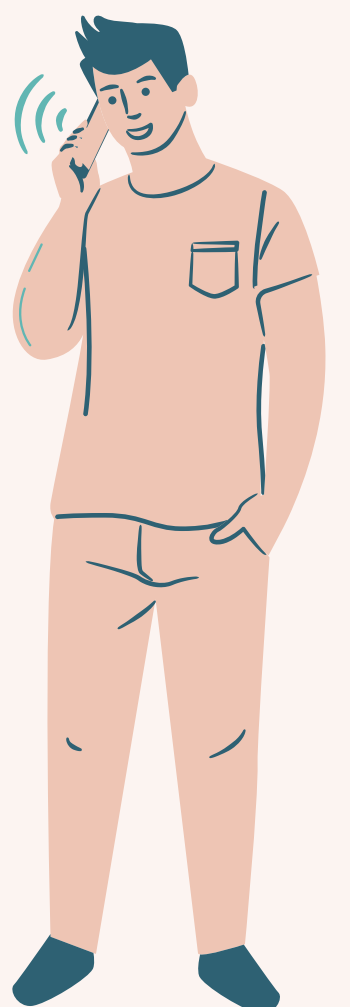
If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

*If possible, have a designated toilet and bathroom as well.*



## Call your doctor or hospital before visiting.

If you need to seek 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.



## Practice social distancing.

If you need to go out, maintain at least 1 meter (3 feet) distance from others.

