

# 10 THINGS TO DO WHEN SELF-ISOLATING

**IF YOU HAVE POSSIBLE OR CONFIRMED COVID-19**

**10** CLEAN ALL SURFACES THAT ARE TOUCHED OFTEN, LIKE COUNTERS, TABLETOPS, AND DOORKNOBS

**1** STAY HOME FROM WORK AND SCHOOL

**9** AVOID SHARING PERSONAL ITEMS WITH OTHER PEOPLE IN YOUR HOUSEHOLD

**2** MONITOR YOUR SYMPTOMS CAREFULLY

**8** AS MUCH AS POSSIBLE, STAY IN A SPECIFIC ROOM AND AWAY FROM OTHER PEOPLE,

**3** GET REST AND STAY HYDRATED

**7** WASH YOUR HANDS OFTEN

**4** IF YOU HAVE A MEDICAL APPOINTMENT, CALL THE HEALTH-CARE PROVIDER TO NOTIFY

**6** COVER YOUR COUGH AND SNEEZES

**5** FOR MEDICAL EMERGENCIES, CALL 911 AND NOTIFY THE DISPATCH PERSONNEL THAT YOU HAVE OR MAY HAVE COVID-19.

IF YOU HAVE QUESTIONS OR CONCERNS, PLEASE CALL HEALTH LINKS AT  
**204-788-8200 OR 1-888-315-9257**  
YOU DO NOT REQUIRE A REFERRAL

