

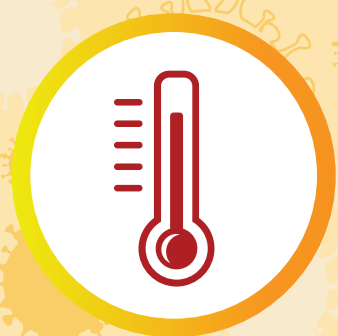
SELF-ISOLATION, SELF-QUARANTINE AND SOCIAL DISTANCING WHAT THEY MEAN



QUARANTINE

People who have been exposed to the virus and don't have symptoms

WHEN YOU ARE QUARANTINED:



You're taking
your temperature



Making sure you
don't develop any
symptoms of
COVID-19



Staying away from
public places for at
least 14 days



BEING IN SELF-QUARANTINE DOESN'T NECESSARILY MEAN YOU HAVE SYMPTOMS OF COVID-19

However, it is critical to monitor your health in the 14-day window, check if you develop any symptoms and stay away from public places.