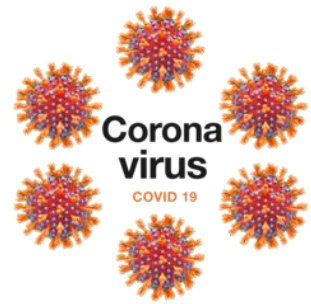




What to do if you or someone in your house has Coronavirus (Covid 19)



This document will help you if you or someone in your home gets the Coronavirus.

It is important that during this time everyone keeps safe and supports each other.



If someone in your house gets the virus, you and others in the home need to protect yourselves from it.



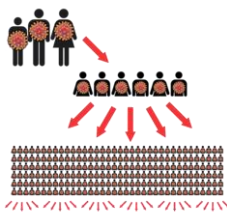
If you get the virus, you must self-isolate.

Self-isolate means staying away from other people.



You can stay away from other people by staying in your bedroom.

Staying in your bedroom will help stop the virus from spreading.



This will also stop other people in your home from getting it.



Staying away from other people will not be easy, but it is very important to do.

Why is it important to stay away from other people in your home?



The Coronavirus spreads through little water droplets in the air.

These water droplets can come from people coughing or sneezing.



You and others around you can catch the Coronavirus by breathing in these drops that are in the air.



The virus also spreads from surfaces in your home, such as door handles, kitchen areas, tables, bathrooms.



You can catch the Coronavirus by touching these surfaces and then later touching your face or mouth.



This is why it is important to wash your hands regularly, and to stay away from people if you or someone else in your house has the virus.