




HOW DO YOU SELF-ISOLATE IF YOU LIVE IN A SMALL SPACE WITH OTHERS?

While it's best to keep yourself distant from family and friends if you are sick by being in a separate room, sometimes a crowded living environment doesn't allow for that.

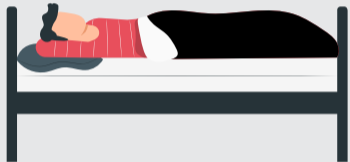
Here are **SEVEN TIPS** to make sure you **KEEP AS SAFE AS YOU CAN** in a small environment with others:

1



While its warm, keep windows and doors open so you have good ventilation and sunlight coming into your living space.

2



If possible, try and not sleep in a bed with others if you have symptoms.

3



Wash your hands often and especially after you cough or sneeze.

4



Wash your surfaces often with soap and water or an ammonia-based detergent. This prevents the virus gathering on surfaces.

5



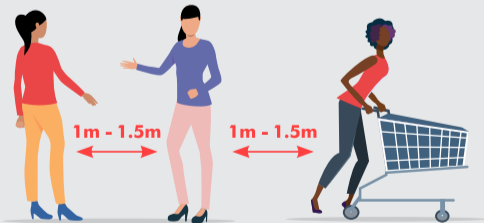
Throw tissues or toilet paper away in a sealed bin or bag straight after you have used them.

6



Do not cough or sneeze on others. Turn your head away and cough into your elbow.

7



Keep at least a metre distance between you and others at all times. This stops the virus spreading from sneezing and coughing.



Remember!

Scan this QR code to see the video content <https://myhealthtv.com/search?tags=covid19>



For more information, support and advice feel free to reach out to us on:

NICD CORONA VIRUS OUTBREAK 24-HOUR HOTLINE NUMBER: 0800 029 999
DEPARTMENT OF HEALTH WHATSAPP: 0600 123 456

SOURCE: World Health Organisation, NICD, MyHealthTV.com