

# How much social distance?

Keep your distance to help slow down COVID-19

You are a close contact or coming home after international travels that require

## QUARANTINE

- Do not go to school or work.
- Do not use public transport.
- Avoid visits.
- You can go for a walk, but keep a 2 metre distance from others.
- You should get others to shop for you. If this is not possible, you can carry out essential errands, but keep your distance and wear a face mask.
- Keep a good distance to other adults and older children in the household.
- People you live with are normally not in quarantine.
- Get tested immediately and after 7 days.
- If you have symptoms of respiratory tract infections, isolate yourself and be tested.
- A positive test result means that you go into home isolation.

## ADVICE FOR EVERYONE

- Follow good cough etiquette and good hand hygiene.
- You and your closest circle can be together as normal.
- Keep a distance of at least 1 metre from everyone but your closest circle.
- If you have symptoms of COVID-19 you must stay at home and be tested.

You have confirmed or probable COVID-19 and are in

## HOME ISOLATION

- Stay at home.
- Keep away from household members.
- If possible, use your own room and bathroom.
- Clean surfaces frequently.
- Ask someone to help you with food shopping.
- Discuss with your doctor how you should monitor your health.
- Your household members are in quarantine.