

How do I self-isolate?

Stay in your home

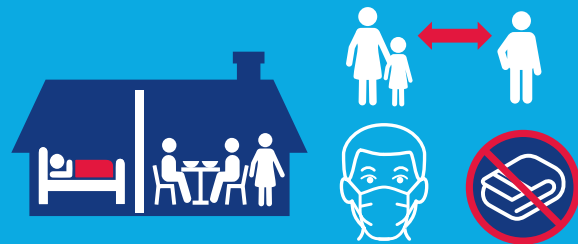
No work, school, shopping, visiting public places, or catching public transport.



*You can leave home to seek medical care or in an emergency.

If you live with other people

- Don't share a room or bathroom, if possible
- Keep 1.5 metres apart
- Wear a mask in the same room as others (even if they are also in isolation)
- Don't share household items like towels, bedding or dishes. Wash after use.



No visitors



Wash your hands often

Use soap or hand sanitiser.



Keep up a normal routine

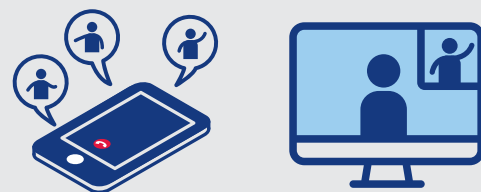
Exercise regularly at home.



Cover coughs and sneezes



Stay virtually connected with friends and family



Clean surfaces you touch often



Seek support from a counsellor 24/7

Lifeline
13 11 14
lifeline.org.au

Beyond Blue
1800 512 348
coronavirus.beyondblue.org.au



Monitor symptoms

Call Triple Zero (000) if they become serious (e.g. you can't breathe).



Still have questions?

www.nsw.gov.au/covid-19

National Coronavirus Helpline
1800 020 080 (24-hour help line)

For free help in your language call **13 14 50**