

# TASK 1: Self-quarantine tips



## Dos or DON'Ts

Identify if the statements in the box is 'Do' or 'Don't' then complete in the table.

- Go outside for any reason
- Cover coughs and sneezes
- Let in any non-essential visitors.
- Go to the doctor without calling ahead
- Share dishes, utensils, cups, towels or bedding
- Wear face mask around
- Avoid public areas in your home
- Call ahead before visiting the doctor
- Use sperate bathroom, if possible.
- Stay home
- Share space with housemates
- discontinue home isolation until instructed
- Wash your hand often.
- Isolate yourself from others

**DO**

**DON'T**

Red box for 'DO' statements.

Yellow box for 'DON'T' statements.



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