



## Rules for Infection Control

- Keep a good distance.
- Use a face mask when you cannot keep a distance of at least 1 metre from anyone you do not live with.
- Limit the number of people with whom you have social contact.
- Avoid public transport during rush hour, and avoid journeys at busy times.
- Wash your hands thoroughly and often.

# What is a safe distance from other people?

By maintaining a safe distance from others, we help to slow the spread of coronavirus (COVID-19)

## Advice for everyone

- Follow good hand hygiene and cough etiquette.
- You and your closest family and friends can socialise in the normal way.
- Keep a safe distance from everyone except your closest family and friends, at least 1 metre.
- If you have symptoms of respiratory tract infection, you must stay home.
- If you have symptoms of COVID-19, you should get yourself tested.

You are a close contact or returning home after travelling and have to go into

## QUARANTINE

- Persons living in the same household can socialise in the normal way.
- Do not go to school or work.
- Do not use public transport.
- Avoid visiting others and do not have visitors at home.
- You can go for a walk, but you must stay more than 1 metre away from other people.
- You can go to the grocery store or pharmacy if absolutely necessary.
- The persons you live with are not in quarantine.
- If you experience symptoms of respiratory infection, you must go into isolation and get yourself tested.
- A positive test result means you must go into home isolation.

You have tested positive for COVID-19 and are in

## HOME ISOLATION

- Stay home.
- Maintain a safe distance from everyone else in your home.
- Use a separate room and bathroom if it is possible.
- Clean surfaces frequently.
- Ask someone else to do your shopping for you.
- Agree with your doctor how you should monitor your health.
- The people you live with must go into quarantine.