

How do I self-isolate?

Stay in your home

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



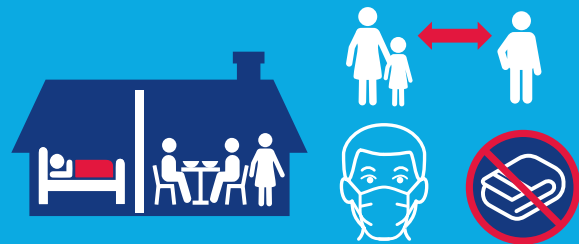
You can leave home to seek medical care or in an emergency but you should wear a mask if possible.

No visitors



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.



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**