

# Infographic: COVID-19 Safety Advices



What should I do if I might have been exposed?  
 What should I do if I feel sick?  
 What should I do if I have a confirmed COVID-19 infection?

**COVID-19**  
**SAFETY ADVICES**

## If you might have been exposed

### Self-Monitor

Be alert for symptoms. Watch for fever, cough or shortness of breath. Take your temperature, and follow prevention tips. Act as if you have tested positive to protect your family and community until you know different.



Fever



Cough



Shortness of Breath

## If you feel healthy or sick

### Self-Quarantine

Check your temperature twice a day and watch for symptoms. Stay home for 14 days and self-monitor; if at all possible, stay away from people who may be at high risk for getting very sick.



Check Temp



Avoid contacts with other people



Stay at home

## If you have symptoms or a diagnosis

### Self-Isolate

Stay in a specific sick room, away from people if possible. Use a separate bathroom and follow your health provider's guidance.

## Prevention



Wear a mask



Don't touch face



Wash your hands



Avoid handshaking



Avoid contacts with animals



Avoid travelling



Keep objects clean



Cover your mouth with elbow



Practice social distancing



Put tissues in the trash



Maintain a healthy diet



Cover your nose and mouth