

HOME ISOLATION

IF YOU TEST POSITIVE FOR COVID-19 AND HAVE MILD SYMPTOMS YOU CAN RECOVER SAFELY AT HOME



Separate yourself and stay away from other people.



As much as possible use a separate bathroom



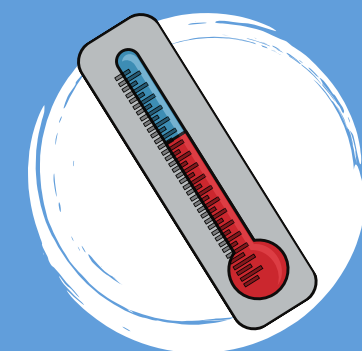
Do not leave your home except to get medical care.



Call 141 for further advice on how to manage your symptoms and call 151 for emergencies.



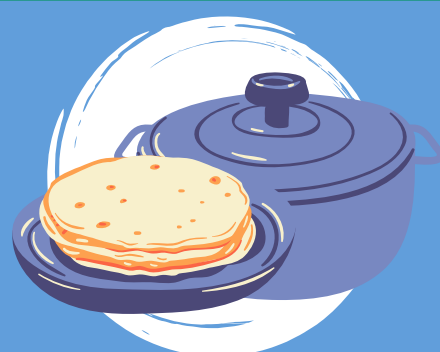
Get plenty of rest, stay hydrated, and treat your symptoms with over-the-counter medicines.



Keep track of your symptoms. If your symptoms get worse share this with the Public Health Officer.



Use a face mask over to your nose and mouth when you access health services and anytime other people are in the same room with you.



Do not share personal items such as cups, eating utensils, towels, or bedding..



Clean all "high-touch" areas in the home, such as doorknobs, toilets and counters regularly. Wash your hands often with soap and water.



Ministry of Health Seychelles